



# Relax – It's National Stress Awareness Month

**...Easier said than done.**

While stress is a normal part of daily living, knowledge and self-awareness can help you recognize when stress is creeping in so you can manage it in the way that brings you balance. Unmanaged stress can affect every aspect of your health – emotionally, mentally, spiritually, and physically.

**To get the Zen in your life, Caraday commemorates National Stress Awareness Month in April with activities and information throughout the month.**



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