

SNEAKY SIGNS THAT YOU'RE

STRESSED

Here's how your body and brain will tell you it's time to chill out.



You're Always Tired Everyone Annoys You

Cold Sores or Canker Sores Pop Up



You Get Headaches

Control Your Stress!

Sleep at least 8 hours a night.
Exercise and eat healthy every day.
Make time to relax.
Talk to someone.



You're So Hungry



Your Heart Races



Your Stomach Hurts

Your Skin Breaks Out