

## Take Control of Your Stress and Stay Healthy

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When you experience stress, your brain signals your body to sharpen its senses, increase the pulse, breathe deeper,

and tense the muscles. You're ready to take action! If the stress is short-term, your body returns to equilibrium after the stress passes. Scientists have discovered, though, that if you're chronically stressed, the part of the brain that controls the stress response is constantly pumping out a lot of stress hormones. In situations of chronic stress, your immune cells are less able to respond to invading bacteria or a virus, making you more susceptible to sickness and disease.

According to the Centers for Disease Control and Prevention (CDC), healthcare costs are nearly 50% greater for employees who report

## Healthy Quality of Life

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