



STRESS REMINDERS

- **Take action, don't ignore your stress**
- **Stay in touch with team members and communicate**
- **Talk and share feelings**
- **Replenish, rest, get some down time**

Stress is normal and everyone has it

**PRACTICE RANDOM ACTS OF KINDNESS!
IT WILL MAKE ANOTHER PERSON'S DAY!
IT WILL MAKE YOUR DAY!**

Human Resource Specialist