



Keep  
Stress in  
Check

I eat healthy

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I am active every day

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I have a healthy sleep routine

- I do hobbies or activities that I enjoy
- I try to maintain work/life balance
- I celebrate my successes



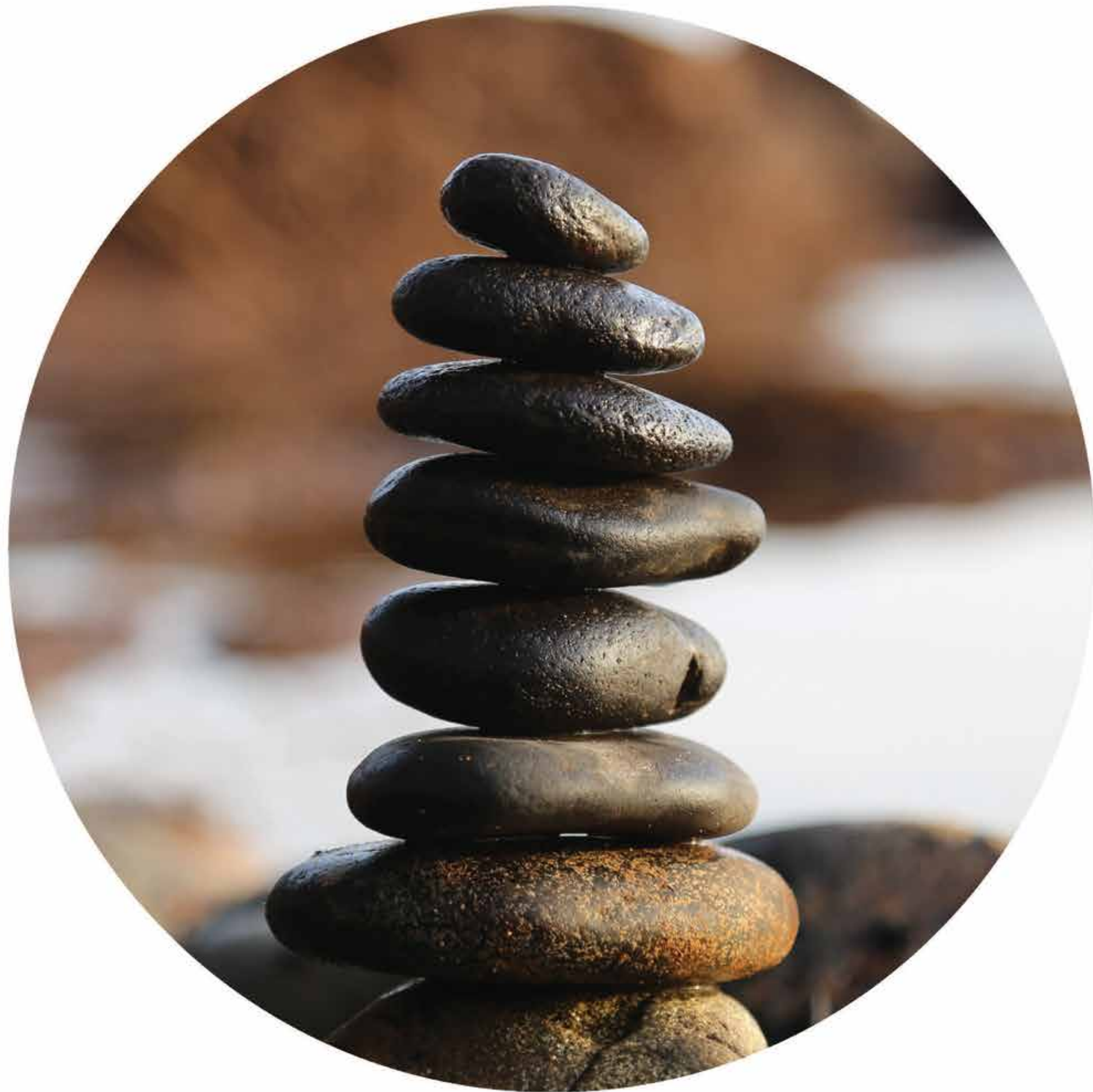
I understand  
what my stress  
triggers are

I can share my  
feelings with  
someone I trust  
or journal them

I know seeking  
help is a sign of  
strength, not  
weakness

**Some stress is okay, but too much tension can build over time and affect you physically and mentally.**













SUPERIOR Mental  
Wellness  
@ WORK