

# Take time to unwind...

**It's healthy to relax,  
renew, and rejuvenate**

Stress happens. Sometimes it's unavoidable;  
at times it's unbearable. That's why taking  
time for yourself is a necessity.

## **April is National Stress Awareness Month**

More information and resources  
are available online at:

**[www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)**



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