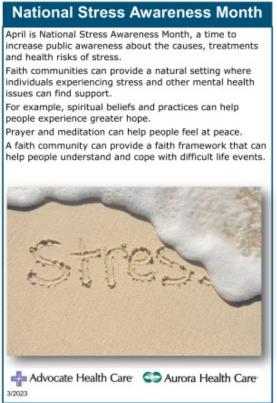
## **Stress Awareness Month Resources**





## **Bulletin Inserts PDF and Word**

## **April is National Stress Awareness Month How to Deal with Stress and Anxiety:**



- Take deep breaths
- Slowly count to 10
- Give back to your community
- Meditate, Pray
- Talk to someone



## **Worship Slide PowerPoint**



