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The best Rx for better health: Counter stress!

Living in a time of a global conflict and a lingering pandemic have increased uncertainty, adding to our personal stress—which, in turn, can build up and harm our health in countless ways. Chronic stress elevates cortisol, the so-called stress hormone that influences everything from moods, appetite, and sleep to our immune response and flare-ups of chronic conditions. Renewing your commitment to stress-busting activities may help keep you healthy in the following ways.

[Find out more](#)



You're more resilient than you think!



Benefits of boundary-setting

Facing a new challenge can be daunting and raises fears that you will remain stuck in a particular situation with no way out. But a careful review of how you faced obstacles in the past can remind you that you are stronger and more capable of moving through changes than you think. The following questions can prompt you to remember your resilience to overcome previous hard times that you can draw on anytime.

[Find out more](#)

Are you the go-to person for your loved ones when they need help? If so, you are probably well aware that this can be stressful and take up a lot of your time and energy! Learning when—and how—to say no is an important pillar of self-care and overall well-being. Consider these benefits of boundary setting.

[Find out more](#)



Alcohol Awareness Month

Want to quit or reduce your alcohol use? The first step is to recognize signs of dependency, which can gradually lead to addiction. **Take this quiz** to see if your drinking habits are at risk. If you are concerned, reach out to a qualified counselor who can help you with stress and other triggers, and form healthier coping habits.



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