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Counter the mind-body effects of stress

From the lingering pandemic and troubling events to hectic work/life challenges, there's plenty of stress going around these days. Whatever the source, most of us focus on the common emotional signs of stress—we're tense, moody, restless and overwhelmed. It's vital to know how your body indicates that you're stressed and equally important to take measures to manage stress no matter how it shows up.

[Find out more](#)



Protect your mood



Choosing feel-good

Being on a roller coaster of fluctuating moods can affect your relationships, work and more. By changing your habits, it's possible to take charge of your moods and feel more stable, enabling you to experience life more positively without being a prisoner of your emotions.

[Find out more](#)

foods

Have you ever thought about how the foods you eat may affect the way you feel? Certain food can make you feel good—or bad—for different reasons. Whether it's the food itself, its taste, your nutrition goals or what you associate with the food, choosing feel-good foods can help you stay on track with your health and well-being.

[Find out more](#)

September is Suicide Prevention Awareness Month: Getting Help Is a Strength



Suicide is a leading cause of death in the U.S. The current economic decline, financial loss, and other troubling events have increased many risk factors for suicide, such as depression. But depression can be treated and there is support to overcome your struggles and renew hope. **Know the warning signs.** If you or someone you know is talking about suicide, withdrawing from friends and family, expressing hopelessness, has experienced a painful event, is disinterested in activities or seeking access to a weapon, pills, or other potential means of harm, **get help. Call the 24/7 988 Suicide & Crisis Lifeline** to connect with a trained counselor, **or call 911.** For more information, visit: www.cdc.gov/suicide/.



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24/7 Support

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