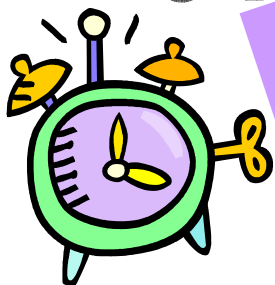


You may not be able to eliminate the causes of stress, but you can reduce & manage it so you can function at your best for yourself and your loved ones.

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STRESS



Stress is a normal part of living. How you deal with stress greatly impacts your family and work environment.

Stress can be caused by a variety of positive & negative factors or a combination of factors. Some sources of stress are:

- New job
- Several jobs
- Balancing work & family
- Sicknes/death of a loved one
- Relationships
- New baby
- Disciplining children
- Well-being of friends & family
- Vacations