

NOT TO STRESS YOU OUT BUT... LET'S TALK ABOUT STRESS

When you're stressed out, it doesn't feel good and that's because your body is telling you something. **Stress isn't good for your health** and feeling this way can put a lot of stress—pun intended—on your heart.

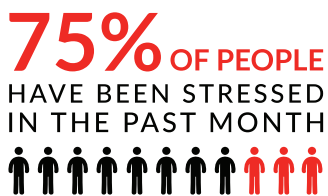
HOW?

Studies have found that chronic stress alters the way blood clots, **increasing the risk of heart attacks**. High levels of cortisol and adrenaline from stress also elevate triglycerides, which can **harden arteries** and increase the risk of heart disease and heart attacks.

Daily stress over a long period of time builds, and it's not only stress but what comes from it. High stress levels can **aggravate other risk factors** and increase unhealthy behaviors like smoking, overeating, and drinking more caffeine.



IT'S MORE COMMON THAN YOU THINK



WHAT DOES THIS MEAN?

As more and more people are experiencing stress in their everyday lives, it's important to find ways to bring those levels back down. **The pressure isn't good for your heart, your body or your mental state.**

Find healthy ways to cope with stress, and remember that **prioritizing simple behavioral changes** to manage stress triggers in your life can really make a difference!