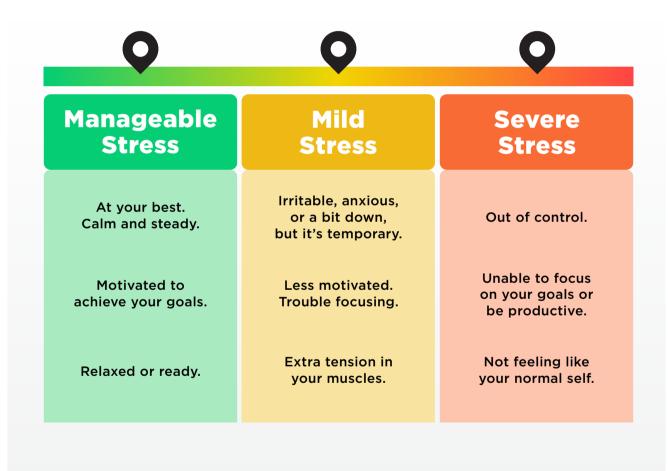
What's Your Stress Level?

Everyone has stress, and your stress level will change all the time. But too much stress can be unhealthy. Take a look at the chart below and see where you are right now—from green to orange.









Department of Mental Health & Addiction Services