

# STRESS IS REAL — AND IT ADDS UP

Stress can come from work, finances, health, or daily life. Over time, it can **impact** your focus, decision-making, and overall well-being.

Whether you're in the warehouse, on the road, in the office, or in the field—stress can affect anyone.



**IGNORING STRESS DOESN'T MAKE IT GO AWAY.  
TAKE CARE OF YOUR MIND. YOU MATTER.**

## MANAGE STRESS BEFORE IT MANAGES YOU

### TAKE SHORT BREAKS

Step away.  
Reset. Refocus.

### STAY ACTIVE

Move your body.  
Boost your mood.

### TALK TO SOMEONE

You don't have to  
handle it alone.

### USE AVAILABLE RESOURCES

Support is there  
when you need it.

**SMALL STEPS CAN MAKE A BIG DIFFERENCE.**

Take care of your mind just like your body. | **Healthy employees = safer workplaces.**

Fabiano Brothers  
**Ulliance**

**Life can be hard. Ulliance helps.**

No cost to employees and their dependents.

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