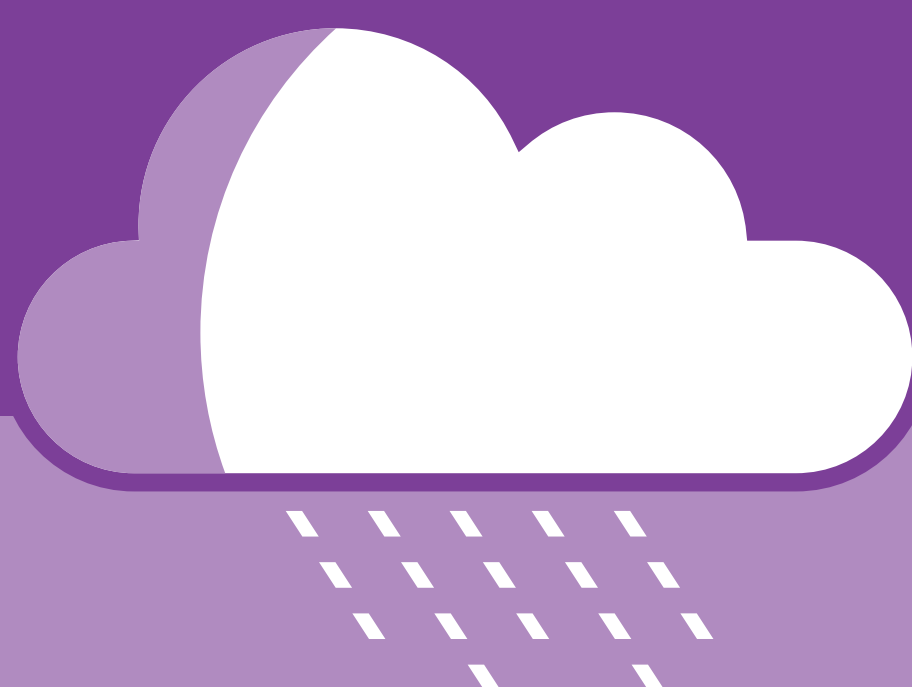


Feeling stressed?

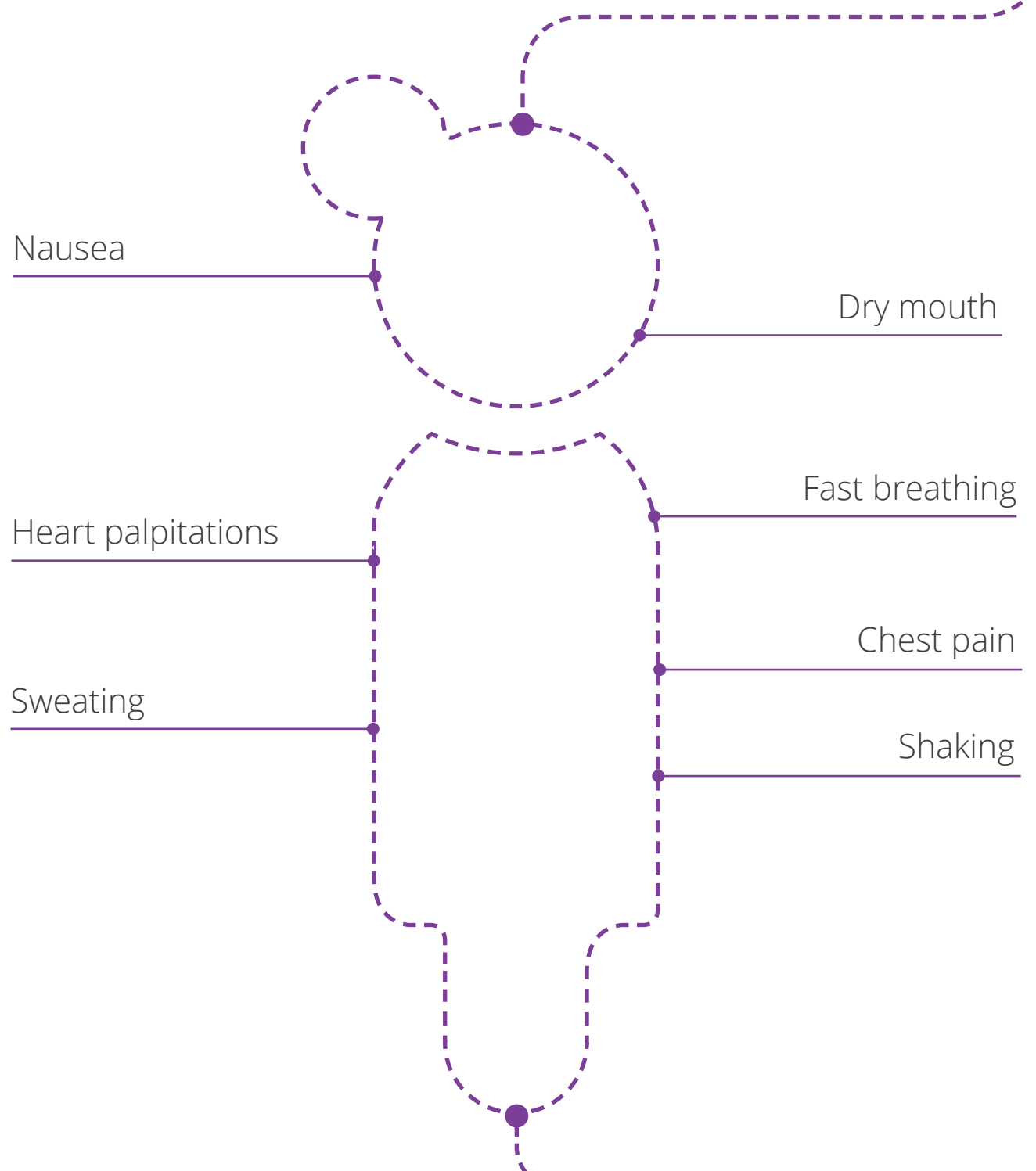
Effective stress management starts with recognising the symptoms



#LetsTalk

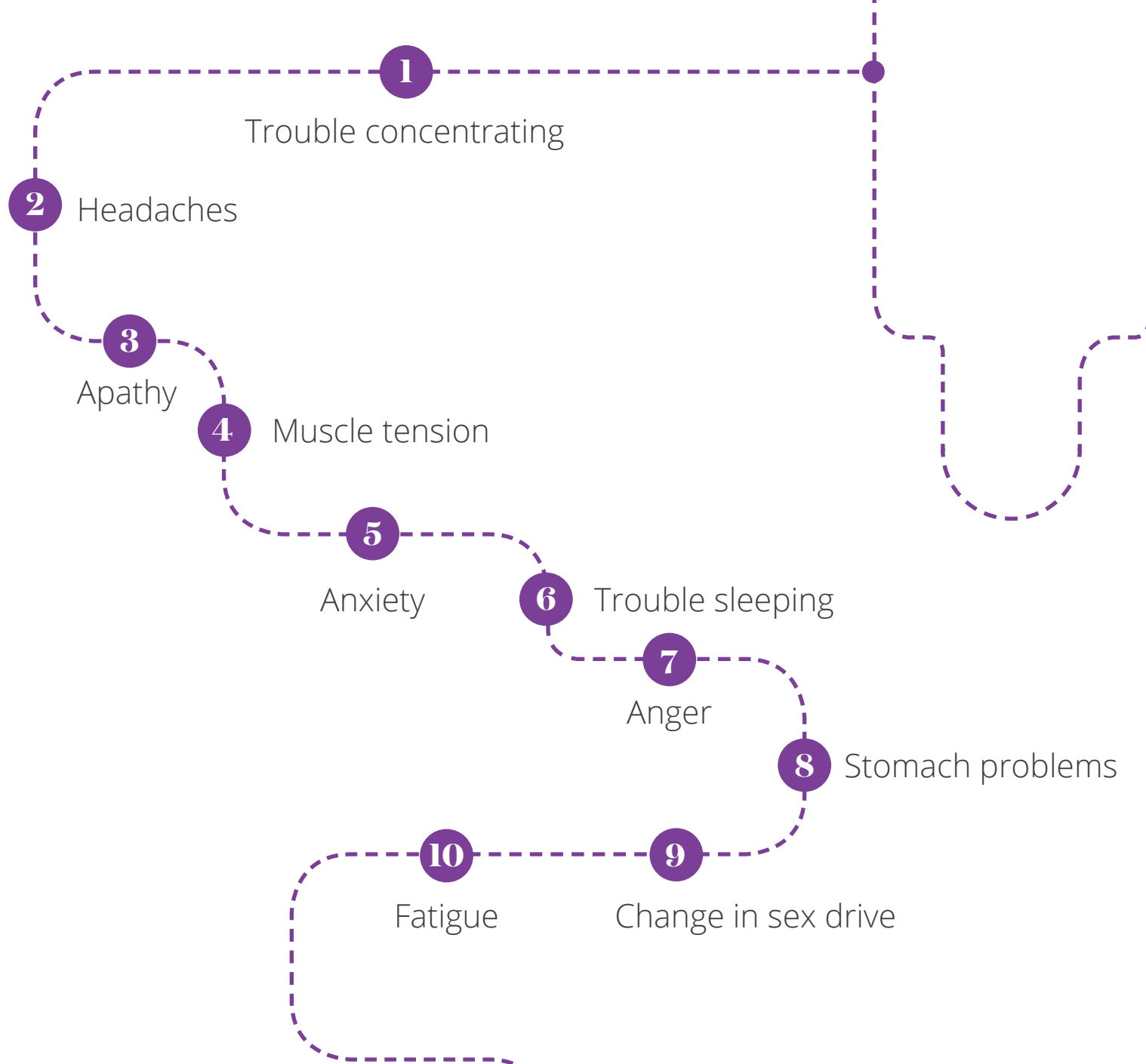
Know the signs

We've all been there. Faced with a stressful situation, our bodies react as though we're in danger. It's called the fight-or-flight response and it sends stress hormones pumping through our bodies, resulting in any number of unpleasant physical symptoms and even panic attacks.



Recognise when it's too much

Prolonged stress and anxiety may cause additional symptoms that impact our health.



Get the proper support

Whether you're an individual looking to reduce stress with self-care resources, or an organisation taking steps to lower employee burnout by helping your workforce develop resilience, there are programs and resources to help put people on the path to better mental and physical health.

For more information check out [Mental health support resources](#) and [Aetna International's stress-reduction services](#)

#LetsTalk

#MentalHealth

#MentalHealthAwareness

#EndTheStigma

Sources:

<https://patient.info/mental-health/anxiety>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>