

## **Find stress relief today**

Whether it's little inconveniences or major worries, everyone faces stress. We all know that too many demands on our time can affect our mood, but did you know that too much pressure can make you sick – literally? Heart disease, digestive issues, depression and even some cancers have been linked to high levels of stress. Is it any surprise that relieving stress is one key to staying healthy?

Protect your health and improve your mental well-being by participating in the Stress Relief Health Living program. Visit [Aetna Navigator](#) to get started.