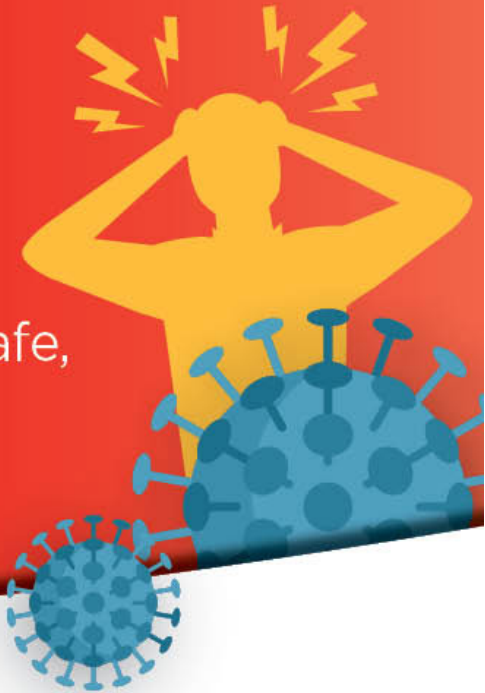


MANAGING STRESS

During this time, you may have extra mental, emotional and physical stress.

To help yourself “bounce back,” here are some helpful hints:

- Communicate with your family, friends and colleagues.
- Share with friends and family you are safe, eating and sleeping.
- Let family and friends know where you are as much as possible.



Hospital Sisters
HEALTH SYSTEM