

# Did You Know...?



**...the symptoms of stress can interfere with your job and your relationships?**

## **Common symptoms of stress:**

- Physical illnesses
- Headaches and high blood pressure
- Emotional eating
- Memory lapses and “fuzzy thinking”
- Muscle tension and sleep disturbance
- Panic or anxiety attacks

If you feel your stress level is too high, and you would like some help reducing it, give us a call.

Call TEAM,

your Employee Assistance Program

*Free and confidential counseling and coaching*

**1-800-448-TEAM**



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