

Stress

How does your *body* respond?

WHERE ARE YOU ON THE STRESS SCALE?

Bored



Busy and lovin' it



Feeling the pressure



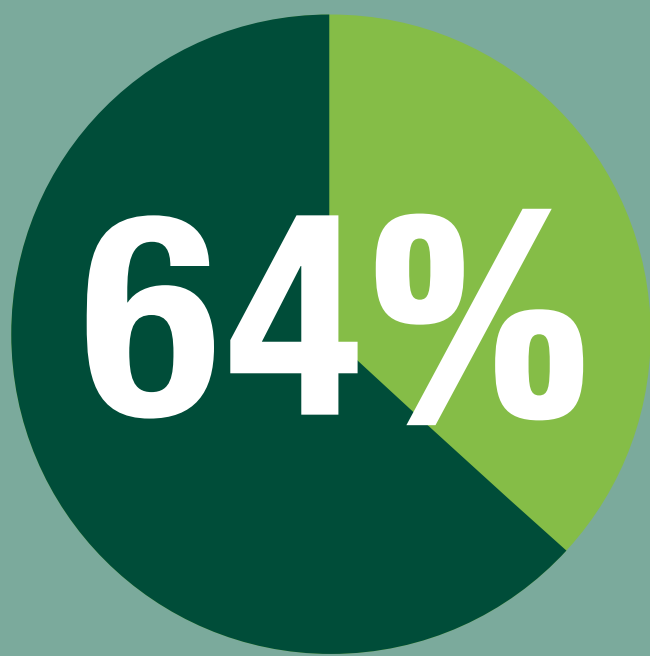
Overwhelmed



I give up!



IN A 2014 SURVEY



of people reported **SOME** or a **GREAT DEAL** of **STRESS** in the month prior to the survey.

NPR, Robert Wood Johnson Foundation, Harvard School of Public Health, July 7, 2014. The Burden of Stress in America. Accessed from <http://www.rwjf.org/en/research-publications/find-rwjf-research/2014/07/the-burden-of-stress-in-america.html>.

EFFECTS

Over time stress can wear you down! People reported that stress impacts:



75%
health



68%
social life



75%
family life



37%
work

TIPS

To help manage stress:



Do mild exercises, like walking or yoga.



Get enough sleep.



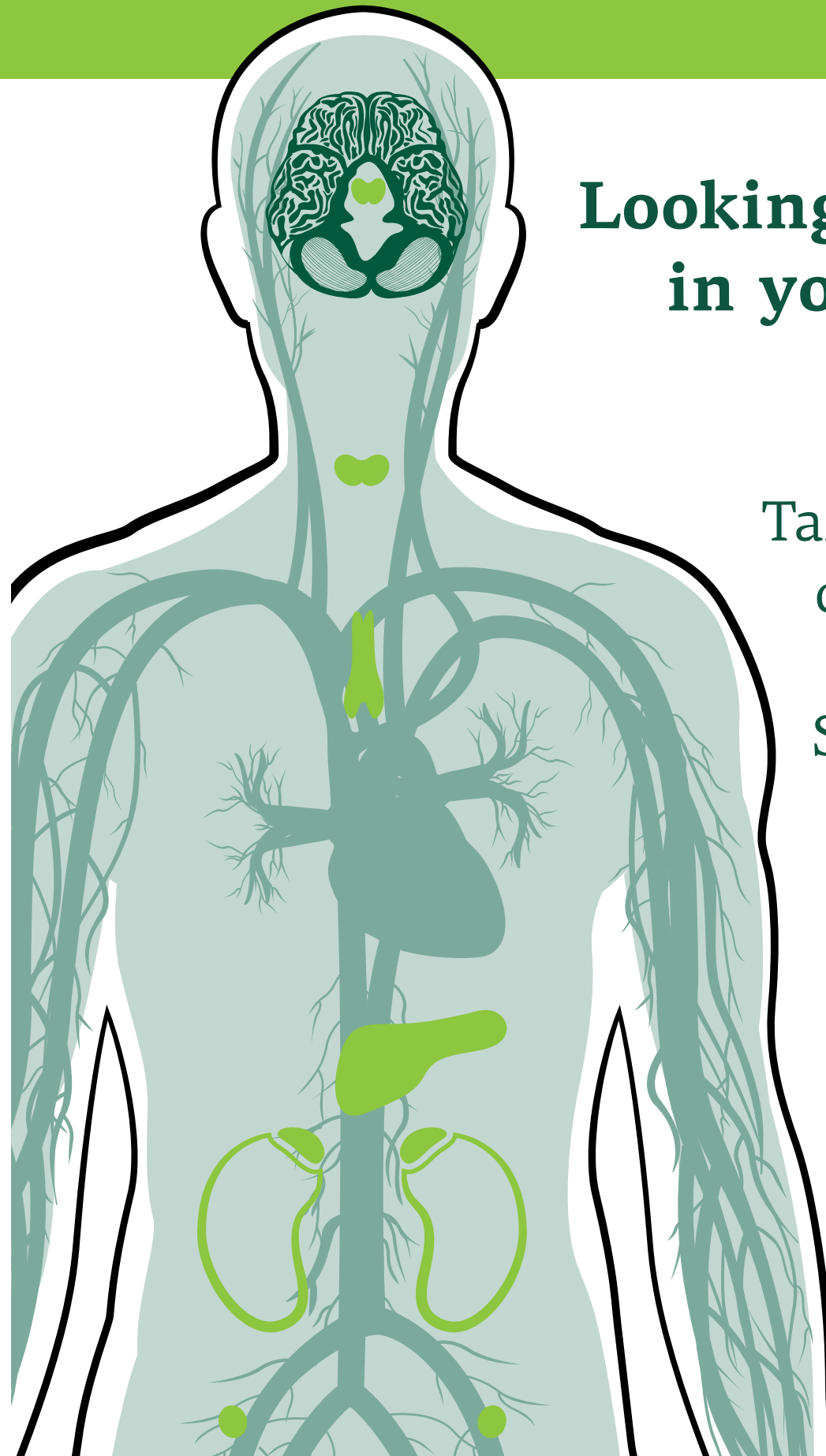
Eat a healthy diet.



Get outdoors.



Practice meditation or mindfulness exercises.

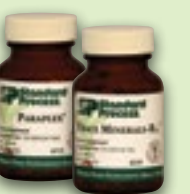


Looking for support in your struggles with stress?

Talk to your health care professional about which Standard Process products are right for you.

Stress Plays a Role in a Series of Important Body Systems

- Emotional Balance**
Consider support with Drenamin®.
- Endocrine**
Consider support with Drenamin, Paraplex®, Adrenal Desiccated, or Drenatrophin PMG®.
- Cardiovascular**
Consider support with Cataplex® A-C-P.
- Cellular Function**
Consider support with Paraplex or Trace Minerals-B₁₂™.



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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.