

STRESS FIRST AID

RECOGNIZE STRESS INJURY

- If you SEE something, say or do something
- KNOW what to do



<https://twitter.com/plazadistrict/status/1254837398355292168>



SCAN ME

for **STRESS**
resources

or Google:

Ithaca College Stress First Aid

<https://www.ithaca.edu/gerontology-institute/finger-lakes-geriatric-education-center/stress-first-aid>

