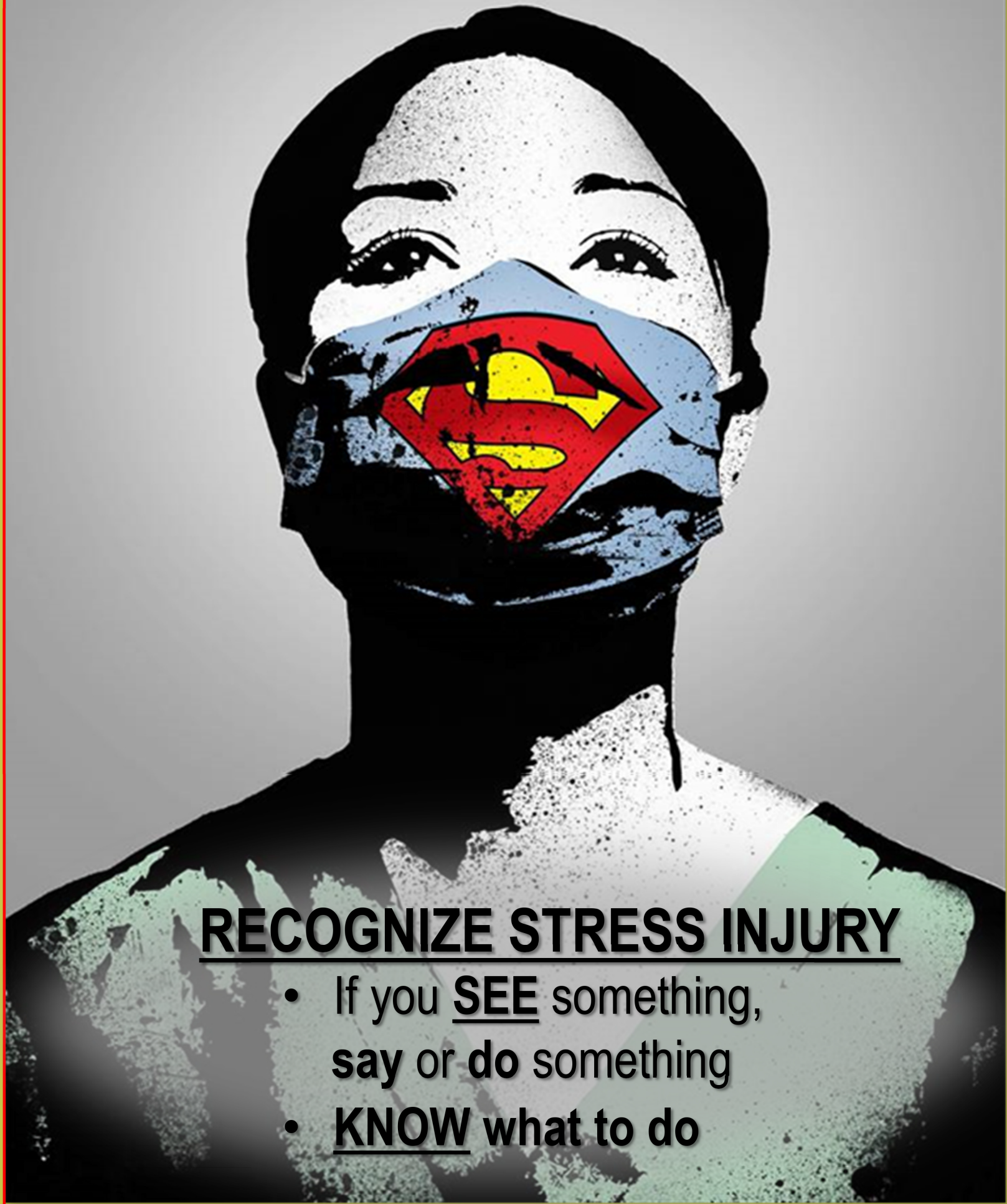


# Stress First Aid

Because YOU are Essential



## RECOGNIZE STRESS INJURY

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

[https://www.instagram.com/p/B-ACb\\_4lMCf/](https://www.instagram.com/p/B-ACb_4lMCf/)



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>

