

Stress First Aid

Because YOU are Essential



<https://www.facebook.com/MelbournesMurals/photos/a.1407692899450260/2739683796251157>

RECOGNIZE STRESS INJURY

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



for **STRESS**
resources

Google: Ithaca College Stress First Aid

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

