

# Take time to unwind...

It's healthy to relax, renew,  
and rejuvenate.



**STRESS HAPPENS.**

Sometimes it's unavoidable—at times it's unbearable—  
and that's why taking time for yourself is indispensable.

**[FOH.hhs.gov/unwind](https://www.foh.hhs.gov/unwind)**



PSC

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