

DO YOU SUFFER FROM STRESS OVERLOAD SYNDROME?

Have YOU EVER experienced ANY of the following symptoms?

- Low energy
- Headaches
- Upset stomach, including diarrhea, constipation, and nausea
- Forgetfulness
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire and/or ability

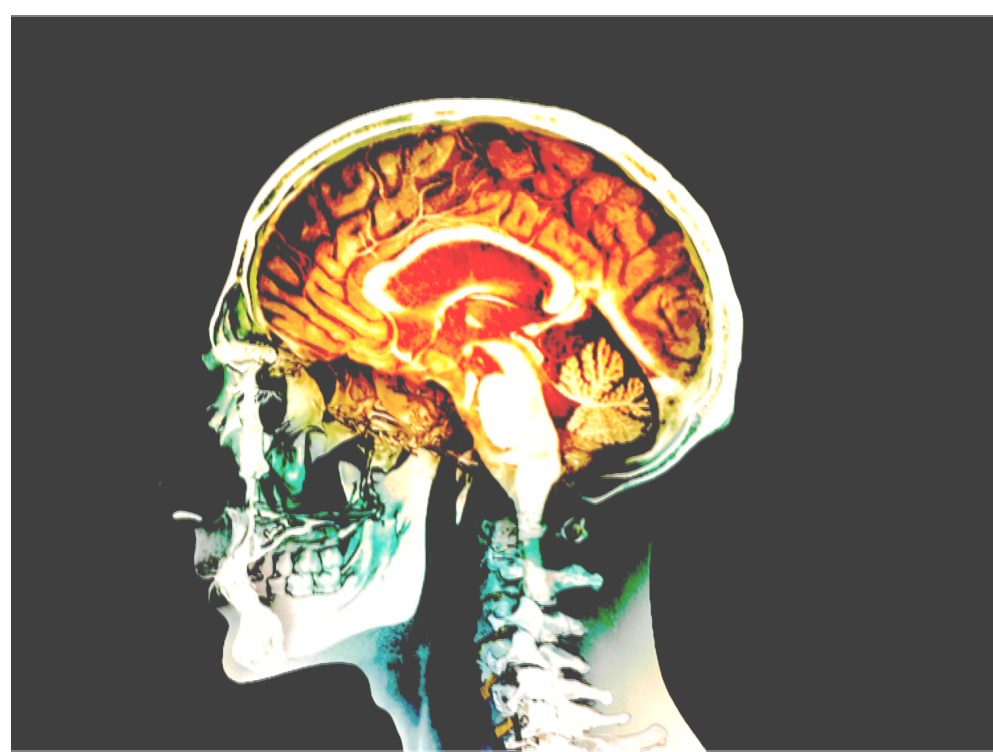
IF YOU said YES, YOU are NOT ALONE!

DID YOU KNOW?

- 77% of people regularly experience physical symptoms caused by stress
- 73% of the population regularly experience psychological symptoms caused by stress
- 33% of people feel they are living with extreme stress

(American Psychological Association)

**LEARN how YOU can REDUCE STRESS,
INCREASE PERFORMANCE & receive
a COMPLIMENTARY BREAKFAST!**



Stress
Overload
Sndrome TM

Passaic County Dept. of Health
Services Health Educator Meeting
April 24, 2023 9:00 AM
Presented By:

**Dr. JoAnn
Giesenhaus**


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