

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Recognize and reduce stress

When we feel challenged or pressured, we may experience stress. This can cause short-term and long-term health problems. But it's possible to reduce stress by learning the symptoms and finding ways to manage it.

[Read more about stress](#) ►



Volunteering can improve your overall health

Volunteering your time to an organization or cause that's important to you helps others — and can boost your mental and physical health.

[Learn more about volunteering benefits](#) ►



7 highly effective stress relievers

From hugs to meditation, these activities can lower your stress levels and improve your quality of life.

[Watch the video](#) ►