

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

Fed**strive**



FEDERAL
OCCUPATIONAL
HEALTH