

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.PSC.GOV/UNWIND](https://foh.psc.gov/unwind)