Summit Health

## **By Your Side**

April 2023



## Stressed Out? Try Our Coping Tips

We all have stress in our lives. Stress can stem from anywhere — work, family, or friends. Thankfully, there are tools you can use in your daily life that will help you deal with stress. Follow these tips from our experts.

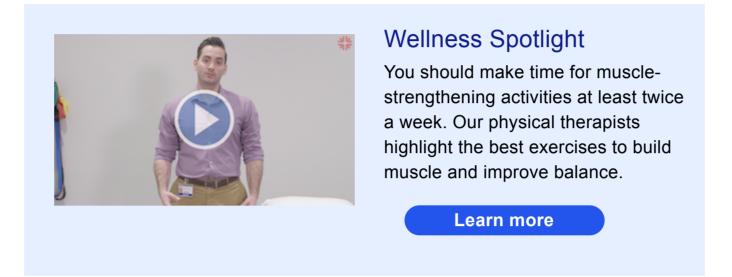




Easy Ways to Correct Flat Feet Sensory Processing Disorder 101

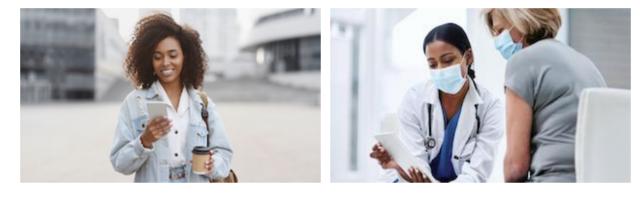
## Learn more

Learn more





## Resources on the go



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