



The stress of the matter



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If poorly managed, stress can contribute to mental fatigue, obesity, psychological disorders, premature aging and chronic health problems including high blood pressure, diabetes and cardiovascular disease.

Stress happens—it's not something that can be completely eliminated. However, you can control your stress by changing unhealthy behaviors and focusing on positive lifestyle changes.

Address the stress of the matter and take action with **Stress FUNdamentals** from Blue Cross and Blue Shield of Illinois. You'll learn to recognize high stress levels and receive tips, strategies and tools to help reduce and manage stress effectively.