

# Finding Balance

Week 1: Getting started



## How stress affects you and why it matters

It's hard to be your best self if you're feeling tired, anxious, tense, or distracted. But those are some of the physical and mental symptoms of stress – and they all take a toll on your total health.

With that in mind, you're [invited to download](#) your stress management workbook and write down the main sources of stress in your life. It's a simple way to learn more about yourself – and a small step you can take toward feeling healthier and happier.



[Download the workbook now.](#)

## Stress and depression: know the difference

Stress and depression sometimes share common symptoms, but depression is a more serious problem. If you think you might be dealing with depression, talk to your doctor.

**Not sure?**

[Take the depression self-assessment.](#)