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HEALTH & WELLNESS



**Talking with Tramaïne**  
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**October 23rd 2019: Stress Happens - What are You Going to Do About It?**

Stress is a part of our everyday lives. Jobs change, babies are born, loved ones die, homes are purchased, homes are lost. Whether good or not so good, stress happens. The question is, what are you going to do about it?! How we handle stress and changes in our lives, environments, workplace etc, will help to gauge our Emotional Health. October is Emotional Health month and on today's show, we will talk about some of the warning signs of stress as well as tips on how to reduce and manage that stress in order to live a more Emotionally Healthy life.



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