

You can lower your risk of toxic stress and negative outcomes from ACEs.



Talk to your health provider and try these steps:

What are ACEs and effects of ACEs?

Adverse Childhood Experiences (ACEs) happen to people before their 18th birthday. They include exposure to abuse, neglect, and household challenges like mental illness, divorce, or substance abuse.

ABUSE

HOUSEHOLD CHALLENGES

NEGLECT



Depression



Diabetes



Heart disease



Drug use



Infections

1 in 6 adults have 4 or more ACEs.



ACEs cause toxic stress for your body. These traumas increase the risk for smoking, alcoholism, suicide attempts, cancer, drug use, infections, diabetes, obesity, lung problems, broken bones, stroke, heart disease, depression, and other serious health conditions.



Adapted from the RWJF, CDC, ACEs Connection, and the Office of the California Surgeon General

Mental Health Care

- Be open with your feelings
- Care for yourself so you can care for others

Balanced Nutrition

- Eat 5 servings of fruit and vegetables each day
- Drink water

Mindfulness Practices

- Take breaks and time to relax from work and school

Physical Activity

- Exercise for 1 hour each day

Quality Sleep

- Sleep 7-9 hours each night
- Stop TV or phone use before bed

Supportive Relationships

- Be there for friends & family
- Give compliments & praise for others' efforts

SCAN THE SQUARE WITH YOUR PHONE CAMERA

