

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

What are ACEs and effects of ACEs?

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

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.



Healthy Ways to Manage Stress

SUPPORTIVE RELATIONSHIPS

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

QUALITY SLEEP

- Refrain from watching TV or using your phone before bed
- Sleep 7 to 9 hours each night

BALANCED NUTRITION

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

PHYSICAL ACTIVITY

- Exercise for 30 minutes each day

MINDFULNESS PRACTICES

- Take breaks and find time to relax from work and school

EXPERIENCING NATURE

- Visit a park, lake, or beach near you

MENTAL HEALTHCARE

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

