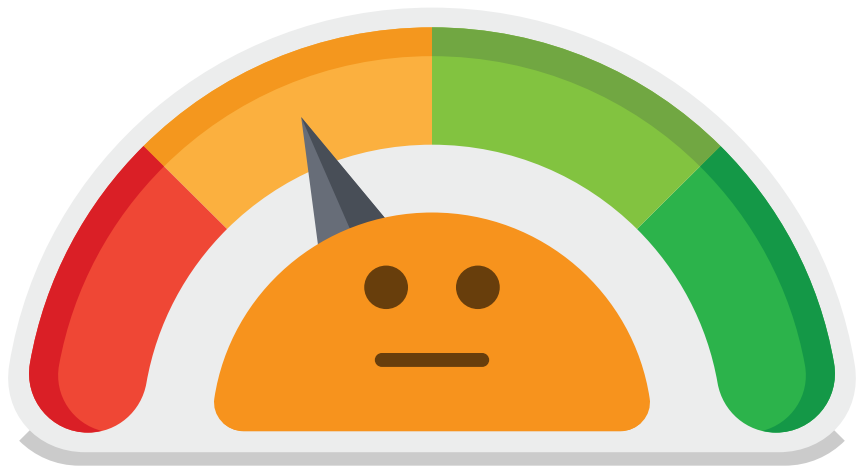
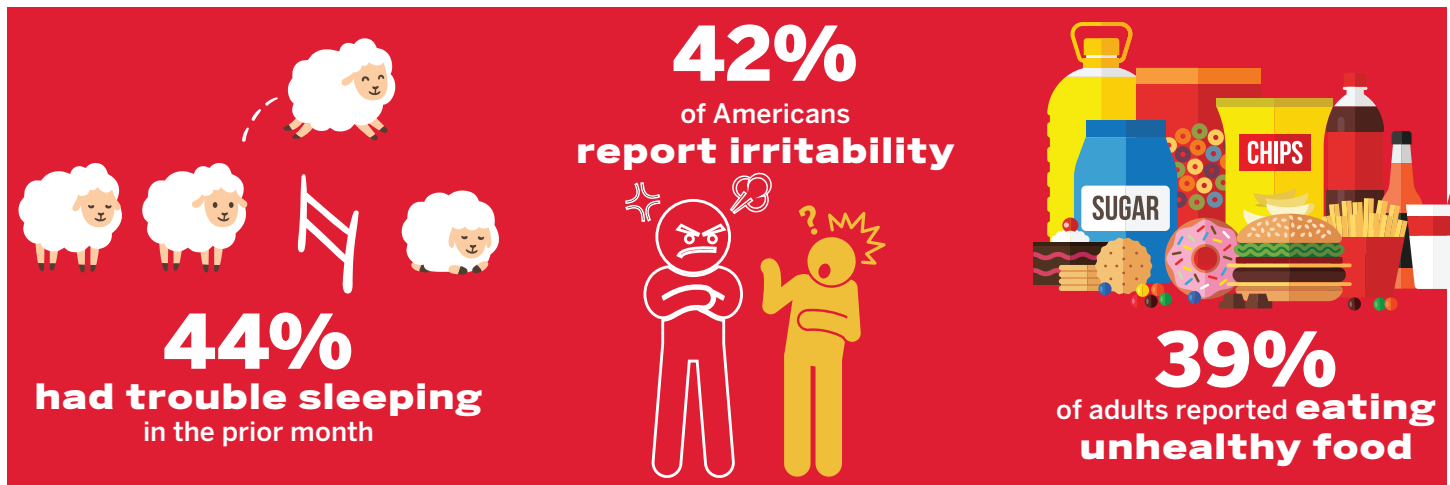


it's okay to have a bad day

Americans report they average **60 bad days** per year.



Here's how it affects them:



Here's how they cope:



You can use simple tips and strategies to get stress and anxiety off your mind.