

# By Your Side

April 2023



## Stressed Out? Try Our Coping Tips

We all have stress in our lives. Stress can stem from anywhere — work, family, or friends. Thankfully, there are tools you can use in your daily life that will help you deal with stress. Follow these tips from our experts.

[Learn more](#)



**Easy Ways to Correct Flat Feet**  
[Learn more](#)



**Sensory Processing Disorder 101**  
[Learn more](#)



## Wellness Spotlight

You should make time for muscle-strengthening activities at least twice a week. Our physical therapists highlight the best exercises to build muscle and improve balance.

[Learn more](#)

## Be Wise and Well

*Check out more health topics*



[What is Sleep Paralysis?](#)



[What Causes an Enlarged Heart?](#)



[Red Flags for Stomach Pain](#)



[Urinary Tract Infections Explained](#)

## Resources on the go



[Summit Health + CityMD app](#)



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