



**Q: WHICH  
GLASS  
CAN YOU  
HOLD UP  
LONGER?**

**A: Either glass is going to be awfully heavy in a few hours.  
DON'T FORGET YOU NEED DOWN TIME!**



Find resources for managing stress on at [kp.org/healthyworkforce](https://kp.org/healthyworkforce)

**LMP** LABOR MANAGEMENT  
PARTNERSHIP