



## **Odd bedfellows take a break**

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FOUR local personalities and a giraffe have jumped into bed to spread the message of taking time out to de-stress.

Stress Down Day will be held across the country today to encourage people to relax while helping to raise much needed funds for Lifeline.

Basketballer Shane Heal, Channel Nine personality David Whitehill and Hot Tomato radio announcer Jess Capolupo have joined Zarraffa's Coffee founder and Lifeline Gold Coast ambassador Kenton Campbell to promote the day.

Stress Down Day was introduced after a national poll found 87 per cent of the community was stressed, with 41 per cent of Australians indicating they were experiencing unhealthy levels of stress.

All money raised will support Lifeline's 24-hour telephone counselling support service. See [www.stressdown.org.au](http://www.stressdown.org.au).