



APRIL STRESS AWARENESS MONTH



What is Stress Awareness Month?

Stress Awareness Month is recognized in April to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.

Stress can cause any of the following:

- **Changes on your body.** This may include headache, muscle or chest pain, fatigue, upset stomach, sleep problems, or weakened immune system.
- **Changes in mood** such as anxiety, restlessness, lack of motivation or focus, memory problems, anger, sadness, or depression.
- **Changes in your behavior.** This may include emotional eating, angry outbursts, drug or alcohol misuse, tobacco use, avoiding friends and loved ones, or exercising less often.

Healthy Ways to Cope with Stress

- ▶ **Take breaks from news and social media.** Consider limiting news stories to just a couple of times a day and disconnecting from electronics for a while.
- ▶ **Take care of your body.** Staying physically healthy can improve your emotional well-being. Be sure to eat healthy, get plenty of rest, and exercise.
- ▶ **Avoid drugs and alcohol.** These can create additional problems and increase the stress you are already feeling.
- ▶ **Avoid smoking, vaping, and the use of other tobacco products.** People can and do [quit smoking](#) for good.
- ▶ **Make time to unwind.**
 - Take deep breaths, stretch, or meditate.
 - Make time for activities you enjoy.
- ▶ **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Connect with your community-based organizations.
- ▶ **Recognize when you need more help.** If problems continue, talk to a psychologist, social worker, or professional counselor.

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[Your Living Resources Program](#) is available to support you 24/7 and has a vast library of articles, slideshows, and quizzes to help you learn more about Stress Awareness and how you can manage it.

[WellStarME](#) is home to a number of evidence-based mental health resiliency and stress management resources. To access these resources, visit www.wellstarme.org to log in or sign up today!