



APRIL

Did you know... Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important.

Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension.

Common reactions to a stressful event can include:

- Disbelief, shock and numbness
- Feeling sad, frustrated and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains and stomach problems
- Smoking or the use of alcohol or drugs

Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Here are some basic ideas to help you cope with stress:

- **Take care of yourself.** Eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed.
- **Share your problems** and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- **Avoid drugs and alcohol.** These can create additional problems and increase the stress you are already feeling.
- **Recognize when you need more help.** Know when to talk to a psychologist, social worker, or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.

Source: www.stress.org/april-is-stress-awareness-month