

Stress Awareness Month



You're right, April is indeed Stress Awareness Month! It's an important time to recognize the impact of stress on our lives and explore ways to manage it effectively.

UNDERSTANDING STRESS

- **Defining Stress:** Stress is a natural response to challenging situations, but chronic stress can negatively impact our physical and mental health
- **Symptoms of Stress:** Physical symptoms include headache, muscle tension, fatigue, and sleep problems. Mental symptoms include anxiety, irritability, and difficulty concentrating
- **Impact of Stress:** Stress can contribute to various health problems like heart disease, depression, and digestive issues

MANAGING STRESS

- **Healthy Habits:** Regular exercise, healthy eating, and sufficient sleep are crucial for stress management
- **Relaxation Techniques:** Practices like deep breathing, meditation, and yoga can help reduce stress and promote relaxation
- **Time Management:** Prioritizing tasks, setting realistic goals, and delegating responsibilities can reduce stress related to workload
- **Support Systems:** Talking to friends, family, or a therapist can provide emotional support and coping strategies

RAISING AWARENESS

- **Share Information:** Discuss stress and its management with loved ones and colleagues
- **Participate in Events:** Many organizations host events, webinars, and campaigns during Stress Awareness Month
- **Support Resources:** Promote resources like helplines and mental health services for those struggling with stress

Remember, there's no one-size-fits-all approach to managing stress. ***Experiment and find what works best for you to live a healthier and happier life.***

Hardships are inevitable in our lives.

It's what we do in those moments to care for our mental health and well-being that matters.

By incorporating mindfulness practices into your daily routine, you'll be able to better navigate tough times when they arise and practice self-compassion throughout the process.



HERE ARE SOME MINDFULNESS RESOURCES FROM CALM THAT'LL HELP DURING THESE MOMENTS

- 1 Emotions Series** In this series with Tamara Levitt, you can explore various guided meditations that'll help you understand, investigate, and soothe your emotions at your own pace.
- 2 Overcoming Negative Thinking** In this 6-minute guided session with Chibs Okereke, you'll practice a kindness meditation that'll bring more self-compassion into your day.
- 3 We Were Made for Times Like These** In this 4-part series with Kaira Jewel Lingo, you'll explore guided meditations that'll help you meet your challenges with more ease and mental resilience.
- 4 The Stay Vibrant Series** In this music series curated and mixed by San Holo, you can check in with yourself and boost your energy with some chill, vibrant beats.