

HealthReach Community Health Centers

April is...

Stress Awareness Month!

This month, practice some ways to reduce and cope with stress and anxiety...



- Accept that sometimes things happen that are out of your control.
- Recognize what triggers your stress so you are better prepared to cope.

- Talk to a friend, family member, or professional if you are feeling overwhelmed.
- Set aside time in your day to do something that you enjoy.



- Exercise! Getting active may reduce stress.
- Meditate. Check out this guide for beginners (goo.gl/mTRHdj).
- Breathe. Practice relaxed, deep breathing during stressful situations.

Resources:

<http://www.apa.org/helpcenter/stress-body.aspx>
<https://healthyforgood.heart.org/be-well/articles/3-tips-to-manage-stress>
<https://adaa.org/tips-manage-anxiety-and-stress#>