



APRIL STRESS AWARENESS MONTH



What is Stress?

Stress is a normal part of life that everyone experiences. When you face changes or challenges, called stressors, your body and mind react. This reaction is what we call stress.

How Does Stress Affect My Body?

Your body has an automatic system that controls things like your heartbeat, breathing, and even vision. Part of this system is the “fight-or-flight” response, which kicks in to help you handle stressful situations. When stress lasts too long, this response can stay active and put extra strain on your body. Over time, that strain can lead to physical, emotional, and behavioral symptoms, such as:

- ▶ Constantly feeling tired
- ▶ [High blood pressure](#)
- ▶ Aches and pains
- ▶ [Anxiety](#) or irritability
- ▶ Panic attacks
- ▶ [Depression](#) or sadness

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What Steps Can I Take to Feel Less Stressed?

Try one or more of these strategies to see what works best for you:



[Keep your body moving](#) — even a quick 10-minute activity can make a meaningful impact.



Set aside time for activities you love — whether it's reading, listening to music, or crafting.



[Practice mindfulness](#) — meditate or do deep breathing for a few minutes to reset.



[Eat balanced, nutritious meals](#) — power your day by giving your body the nutrients it needs.



[Prioritize sleep](#) — aim for 7 to 9 hours each night to help your body recharge.



Reach out to others — share what you're feeling and rely on the people you trust for support.

Get Support Through [Your Living Resources Program](#)

Confidential, short-term counseling services are available to you and all of your household members. This no-cost counseling service can help with issues such as stress, anxiety, depression, grief, etc. Call **844-207-5465** for 24/7 support.

The [Well-Being Coaching program](#) through your Living Resources Program can help you improve your sleep habits, manage stress, build resiliency, and more. Log in or sign up at www.guidanceresources.com and use the **Web ID: LivingME** to connect with a certified personal coach today.