



ChallengeME MONTHLY MINUTE

April 2024 mainedot.gov/challengeme

Monthly topic: **National Stress Awareness Month**



Stress can have negative mental and physical impacts on our overall health. Managing and knowing how to manage stress is an important part of overall wellbeing and health.

Seven Steps to Manage Stress

1. **Recognize and counter signs of stress:** Your body will send you signals, such as headaches, muscle tension and stomachaches when you're stressed. Take action to counter these effects by going for a walk, taking deep breaths, and writing down your thoughts.
2. **Take time for yourself:** Start small by changing one step in your daily routine to fit in time for yourself.
3. **Try new routines:** Additional framework of routines can allow time for managing stress.
4. **Stay connected and make new friends:** Use technology to connect with family and friends.
5. **See problems through a different lens:** Reframe your thoughts around stress, keep situation in perspective and think positive.
6. **Seek help with problems:** Many people are going through similar situations, talk to family and friends.
7. **Talk to a health professional if stress is affecting your well-being:** Utilize the GuidanceResources Program to find a professional.



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Looking for more information?

April is Stress Awareness Month



Manage Stress and Build Resilience



Ten Tools for Resiliency



Be sure to visit the ChallengeME website:



ChallengeME

MaineDOT Healthy Workforce