



# Managing Stress

Everyone has stress. When stress is not managed well it can cause poor health and mood.

### Signs of stress:

- ✓ Feeling frustrated, angry, hopeless, or sad
- ✓ Difficulty focusing and making decisions
- ✓ Using alcohol, tobacco, or other substances to cope
- ✓ Poor sleep and eating
- ✓ Weight loss or gain
- ✓ Physical symptoms including headaches, stomach trouble, and pain
- ✓ Worsening of physical and mental health problems

### Tips to manage stress:

<b>Eat Well</b>	
<b>Sleep</b>	✓ At least 7 hours a night is recommended
<b>Be Active</b>	✓ Physical exercise ✓ Yoga ✓ Tai Chi
<b>Take a Break</b>	✓ Get a drink of water ✓ Take some breaths ✓ Go for a walk

	<ul style="list-style-type: none"><li>✓ Call a friend</li><li>✓ Meditate or pray</li></ul>
<b>Do not</b>	<ul style="list-style-type: none"><li>✓ Drink alcohol or use drugs</li><li>✓ Smoke</li><li>✓ Use substances that increase anxiety and depression</li></ul>
<b>Do</b>	<ul style="list-style-type: none"><li>✓ Reach out for help</li></ul>

### **Help Resources:**

#### **The National Suicide Prevention Lifeline:**

1-800-273-8255 | <http://suicidepreventionlifeline.org/>

#### **Crisis Text Line:**

Text START to 741741 from anywhere in the USA, at any time, about any type of crisis  
<http://www.crisistextline.org/>

## References:

Bystritsky, A. (2019, June 5). *Complementary and alternative treatments for anxiety symptoms and disorders: Physical, cognitive, and spiritual interventions*. Uptodate. [https://www.uptodate.com/contents/complementary-and-alternative-treatments-for-anxiety-symptoms-and-disorders-physical-cognitive-and-spiritual-interventions?search=stress%20management&source=search\\_result&selectedTitle=1~144&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/complementary-and-alternative-treatments-for-anxiety-symptoms-and-disorders-physical-cognitive-and-spiritual-interventions?search=stress%20management&source=search_result&selectedTitle=1~144&usage_type=default&display_rank=1)

Centers for Disease Control and Prevention. (2019, September 3). *Coping with stress*. Violence Prevention. <https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>