April is National Stress Awareness Month, a time to increase public awareness about the causes, treatments and health risks of stress.

Faith communities provide a natural setting where individuals experiencing stress and other mental health issues can find support.

For example, spiritual beliefs and practices can help people experience greater hope.

Prayer and meditation can help people feel at peace.

A faith community can provide a faith framework that can help people understand and cope with difficult life events.
National Stress Awareness Month

HOW TO DEAL WITH STRESS AND ANXIETY

BODY

- Limit alcohol and caffeine. Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.
- Eat well-balanced meals. Do not skip any meals and always keep healthy, energy-boosting snacks on hand.
- Get enough sleep. When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!
- Exercise daily. Exercising can help you feel good and maintain your health.

MIND

- Accept that you cannot control everything. Put your stress in perspective: is it really as bad as you think?
- Do your best. Instead of aiming for perfection, which isn’t possible, be proud of however close you get.
- Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones
- Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

For more mental health information and resources visit: www.mentalhealthamerica.net

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