



MANAGING STRESS FROM CHAOS TO CALM

PAUSE. BREATHE. PROCEED.

Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life. Stress management provides different ways to effectively cope with life's challenges, leading to a more balanced and healthier life.

WHAT'S THE SOURCE?

Lifestyle: changes in sleeping, eating, living conditions.

Work/School: trouble with colleagues or classmates, change in jobs or responsibilities, job insecurity, poor grades

Financial: decreased income, job loss, increasing debt, loss of home or car

Relationships: beginning/ending of a relationship, increased conflict, new child, death in family

WHO'S AT RISK?

Stress can happen to anyone, but some factors make it worse: facing bullying or harassment, taking exams, or major life changes. If someone has existing mental health issues, they may feel more stress. Knowing this helps people take steps to manage stress and take better care of themselves.





**55% OF
AMERICANS
FEEL
STRESSED.**

HOW TO HELP OTHERS

- Listen without judgment
- Participate in activities they enjoy
- Exercise together
- Encourage them to avoid excessive substance use
- Help them recognize when they need help
- Make healthy meals with them

HOW TO HELP YOURSELF

Stress management approaches that you can use include: learning skills such as problem-solving, focusing on important tasks first, and managing your time; improving your ability to cope with difficult life events and understand how to better react to them; developing ways to increase your sense of control; and practicing relaxation techniques such as deep breathing, yoga, meditation, and prayer.

**PRIORITIZE SELF-CARE.
MANAGE STRESS EFFECTIVELY.**