

MANAGING STRESS

More and more people are dealing with stress, which can lead to mental health problems. Taking breaks throughout the day may help relieve stress, ease tensions, or lessen worry. Even 10 minutes can be enough to improve your mental health.



CONNECT WITH OTHERS

Having meaningful relationships can create a sense of belonging and help you become more resilient.

- Reach out to your community, family members, or friends. Talk with someone you trust about your feelings.
- Make time for cultural, spiritual, or religious activities.
- Volunteer with organizations that interest you. Giving back to others can help you too.
- Get outside with others, connect with nature, and explore green spaces.

TAKE CARE OF YOUR BODY

Staying physically healthy can improve your emotional well-being. Here are some suggestions to better improve your health:



- Keep up with vaccines and regular health appointments.
- Eat healthy.
- Get enough sleep.
 - Adults → 7 or more hours per night
 - Teenagers → closer to 9 hours per night
- Move more and sit less. Start with small amounts of physical activity and build up to 2 1/2 hours a week.

- Limit alcohol intake. Choose not to drink or do so in moderation.
- Avoid using illegal drugs or prescription medications in ways other than prescribed.
- Avoid smoking, vaping, and the use of other tobacco products.



DESTRESS IN 10 MIN OR LESS

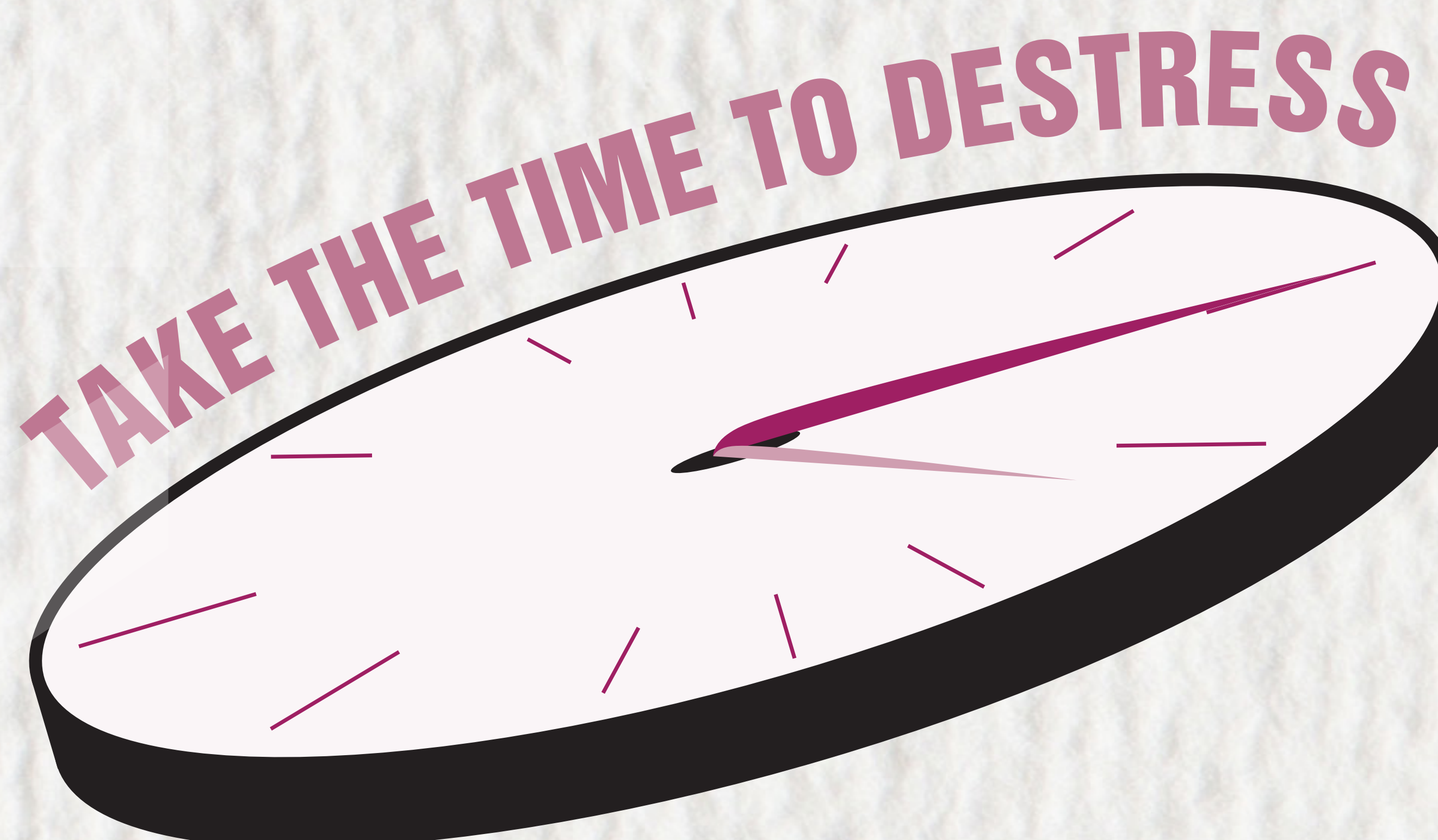


Finding ways to relax and enjoy your life does not have to be a major time commitment. There are techniques and methods that you can fit into even the busiest schedule.

- Be active—Take a dance break! Lift weights. Do push-ups or sit-ups.
- Close your eyes, take deep breaths, stretch, or meditate.
- Write three things you are grateful for.
- Check in with yourself—take time to ask yourself how you are feeling.
- Laugh! Think of someone or something that you find funny.
- Find an inspiring song or quote and write it down so you have it nearby.

The benefits of stress reduction are physical as well as mental.

Common effects of stress include headaches, chest pain, fatigue, stomach issues, and sleep problems. Combating stress is important part of living a balanced and healthy life.



PAUSE. BREATHE. PROCEED.