

April Mental Health and Wellness Theme: **Stress Awareness Month**

“Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence — nobody is immune to it — it’s important to arm ourselves with knowledge so that we recognize when stress rears its ugly head.” found [here](#).

Check out Stress Awareness Month website for more information by clicking [here](#).

HOW TO OBSERVE STRESS AWARENESS MONTH

1. Practice meditation

One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.

2. Exercise

Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

3. Visit your doctor

They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

4 STRESSFUL FACTS YOU NEED TO KNOW

1. Stress can help — sometimes

According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."

2. It's sickening — literally

People under stress — especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

3. Stressed? Here's why

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were money, work, family, economic outlook and relationships.

4. America's highest and lowest stress states

A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

Check out this Education Support Website about teachers and stress by clicking [here](#).



Heightened stress can be seen as fight, flight, fear or freeze.

Check out Teacher Wellbeing - Survive and Thrive by clicking [here](#).

“There is no cure for stress, because it is not a disease. Stress is a condition of life itself. It can be a constructive or destructive force, depending on how you manage it. Stress can be the spice of your life or the poison that kills you.”

Check out 5 Simple Activities to Help Teachers De-Stress by clicking [here](#) for more details on the following:

1. Think of 3 Good Things
2. Experience the Zen of Coloring
3. Create a Joy Collage
4. Start a New Habit
5. Write Morning Messages

Check out a few videos by clicking on the titles:

[Stress Awareness](#): What being overstressed can do if you don't deal with it

[April is Stress Awareness Month](#): Listen to tips and advice from Dr. Singh - Medical Director of Behavioral Health