

inspired

[to make healthy choices]

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Coping with Stress

Managing stress in healthy ways is important for your mental well-being.

Stress is the body's physical, emotional or psychological response to an external cause, such as an upcoming project or a busy time of year. Everyone experiences stress to some degree. (WHO)

COMMON SIGNS OF STRESS (NAMI)

- Headaches
- Changes in appetite
- Loss of sleep
- Feeling overwhelmed
- Difficulty concentrating
- Mood swings

HEALTHY WAYS TO COPE WITH STRESS

- Keep a journal to help identify your triggers
- Prioritize your tasks and manage your time well
- Exercise and eat a well-balanced diet
- Practice deep breathing or meditation
- Make time for hobbies
- Get enough of sleep
- Limit social media
- Take breaks
- Connect with others

(Healthline, CDC)

SIGNS TO KEEP IN MIND (NIMH)

Anxiety is your body's response to stress. If anxiety doesn't go away, it can cause issues impacting both your physical and mental health.

You may be at risk for an anxiety disorder if:

- it feels like you can't manage your stress
- stress symptoms interfere with your everyday life
- you avoid doing things due to stress
- stress seems to be always present

WHEN TO SEEK HELP

If you are struggling to cope or the symptoms of your stress or anxiety won't go away, reach out to a mental health professional.

The **Georgia Crisis and Access Line (GCAL)** offers immediate, free and confidential support 24/7 to individuals seeking routine or crisis services.

GCAL: 1-800-715-4225

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