

April IS NATIONAL STRESS AWARENESS MONTH

Signs of Stress

Signs of stress include:

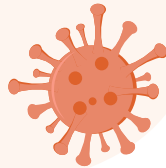
- Exhaustion or trouble sleeping
- Headaches, dizziness, or shaking
- Stomach or digestive issues
- Weak immune system
- Depression and/or sadness
- Panic attacks
- Appetite Changes
- Decreased motivation
- Muscle tension



Source: Cleveland Clinic, 2021

COVID-19 & Stress

- Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety, depression, and insomnia during the pandemic, compared with surveys before the pandemic.
- Almost 8 out of 10 Americans reported that the coronavirus (COVID-19) pandemic has caused them stress. (American Psychological Association, 2020)
- Common pandemic-related stressors included: (Psychiatry.org, 2022):
 - Personal finances — **64%**
 - The uncertainty of 2023 — **55%**
 - Their physical health — **49%**
 - Their mental health — **41%**



Source: Mayo Clinic, 2023

Stress Statistics

About **33%** of people report feeling extreme stress

- **77%** of people experience stress that affects their physical health
- **73%** of people say stress impacts their mental health
- **48%** of people have trouble sleeping
- **80%** of U.S. workers experience stress on the job

Source: American Institute of Stress, 2022



Understanding Stress

Stress is a normal bodily reaction to changing environments and/or situations, and challenges. Stress can be positive as it allows our bodies to adapt to changes around us. Stress becomes detrimental once our bodies are unable to adjust due to continued stress and insufficient relaxation.



Source: Cleveland Clinic, 2021

Coping with Stress

Learning healthy coping skills and strategies helps you build resilience. Prioritize yourself every day.

- Take care of your body. Eat healthy. Get enough sleep.
- Take breaks to unwind. Practice yoga, meditation, gardening, and other hobbies.
- Continue with regular appointments and checkups with your primary care provider.
- Connecting with peers, community-based organizations, and faith-based organizations can provide support.

More methods for relieving stress:

- Journaling
- Physical activity
- Meditation
- Counseling
- Creative outlets
- Deep breathing
- Positive self-talk



Source: CDC, 2023

Stress and Co-Occurring Health Conditions

Long-term stress is often a contributing factor in many of the leading causes of death in the U.S.:

- Heart disease
- High blood pressure
- Depression
- Anxiety
- Cancer
- Suicide
- Substance use
- Type 2 diabetes - high cortisol releases can increase blood glucose (sugar) production.

Source: Recovery Village, 2022



If you or someone you know is experiencing a mental health emergency, please call 988.