

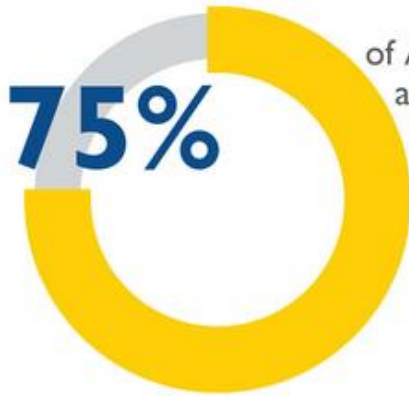


Brought to you by the Holy Family Health Ministry

April is stress awareness month

STRESS

#WhatYouNeedToKnow



of Americans reported experiencing at least one **symptom of stress** in the past month.



say they have laid awake at night in the past month due to stress.

EFFECTS OF EMOTIONAL STRESS ON THE BODY

 <p>High blood pressure</p>	 <p>Increased susceptibility to substance abuse</p>	 <p>Less resistance to disease</p>	 <p>Depression</p>
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To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING SELF-MONITORING COMMUNICATION

Sources: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/stress-what-you-need-to-know> ; <https://nicabm-stealthseminar.s3.amazonaws.com/Infographics/Anxiety/NICABM-InfoG-4strategies-for-managing-anxiety.jpg>



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Parents report higher-than-average stress levels than non parents.

STRESS MANAGEMENT TACTICS



Meditate



Go for a walk



Do yoga



Try deep breathing

Pray!!

“Stress is not good, but everyone experiences it. That’s why it’s so important to manage stress in healthy ways.”

—Dr. Hugh Calkins,
Director of Cardiac Arrhythmia Service.

TRY IT—POSITIVE SELF-TALK

How we interpret life events is important. Use positive self-talk to position those sometimes negative thoughts into positive ones. If you can catch yourself during a negative thought and talk to yourself in a positive way, you’ll turn your stress reaction around.

#StressTip

“Therefore I tell you, do not be *anxious* about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being *anxious* can add a single hour to his span of life?” **Matthew 6:25-27**

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