

# April Stress Awareness Month



Stress is something we all experience and learning how to properly cope with stress can go a long way in leading a healthy life. Stress is something we all feel, but it can be experienced in different ways. Stress is a physical, mental, or emotional strain from adverse circumstances. It can be caused by major lifestyle changes, work or school, relationship difficulties, financial problems, and more. Symptoms of may be cognitive, emotional, physical, and behavioral.

## Signs of stress

- Anxious or racing thoughts
- Constant worrying
- Feeling overwhelmed or anxious
- Rapid heart rate
- Dizziness
- Sleeping too much or too little
- Eating more or less than usual
- Procrastinating, or neglecting responsibilities, etc.

## 8 Stress Awareness Activities to Help Relieve You of Stress

- Do something creative
- Get outside
- Move your body
- Meditation and mindfulness
- Write it down
- Do something you enjoy
- Talk to someone
- Listen to music

<https://www.tupeloschools.com/mental-health/mental-health>