

April is National Stress Awareness Month

STRESS

AWARENESS

MONTH

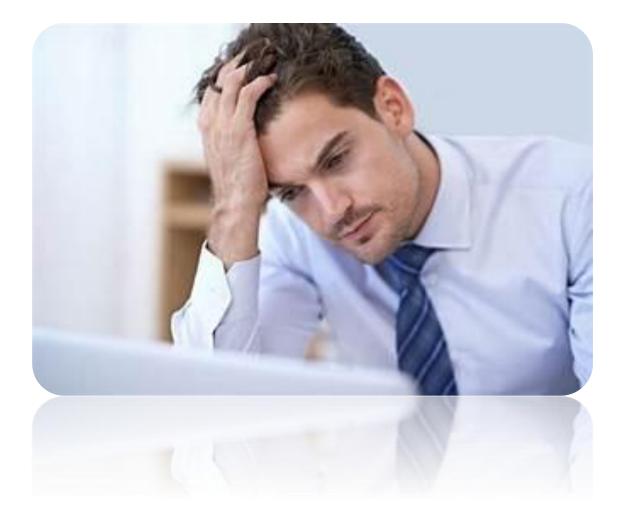
Stress can impact your mental and physical health.



Stress Can Affect So Much

Stress, particularly long-term stress, can cause:

- Headaches
- Stomach disorders
- Depression
- Even strokes and heart disease





Stress may also contribute to poor health behaviors

- Smoking
- Overeating and/or unhealthy diet
- Lack of physical activity
- Being overweight
- Not getting enough sleep
- Not taking medications as prescribed







What You Should Do

- Discuss how you're feeling with your health care professional.
- Exercise regularly.
- Choose to get enough sleep.
- Maintain a positive attitude.
- Practice relaxation techniques.
- Find a stimulating hobby.



Recognize when you need help – know when to talk to a health care professional.

For free and confidential counseling referrals for you and your eligible family members, contact your local ESSP Representative or the CDR's: *Hourly*-Carelon Behavioral Health: 800-227-9622 *Salaried*–Lyra Health: 877-207-9822

