



**STRESS**

**AWARENESS**

**MONTH**



# April is National Stress Awareness Month

**Stress can impact your mental  
and physical health.**

For free and confidential counseling referrals, contact your local  
ESSP Representative or CDR's:

*Hourly*-Carelton Behavioral Health: 800-227-9622

*Salaried*-Lyra Health: 877-207-9822



# Stress Can Affect So Much

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Stress, particularly long-term stress, can cause:

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

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## 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

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# Stress Relief



## 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.

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

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and your eligible family members,  
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