

Feelings of **STRESS** Don't Define Us!

IF YOU FEEL

Headaches.

Trouble Sleeping.

Feelings of Panic or Sadness.

Tension in your Body or Jaw.

Consistent Exhaustion, Lack of Motivation, or Feeling Angry.

Increased Blood Pressure or Heart Rate.

Eating, Drinking, or Smoking More Than Usual.

Weakened Immune System, Getting Sick More Often.

Stress Can be Helped By:

Tense and release different muscles in your body one by one.

Prioritize sleep and ensure you are getting enough.

Practice Square Breathing: breath in for 4 seconds, hold for 4, out for 4, repeat 10 times.

Limit distractions and additional responsibilities.

Prioritize physical activity, even a short walk.

Set goals for your day and write them down.

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE

<https://chat.988lifeline.org/>

CRISIS TEXT LINE

Text NATIVE to 741741

EAP24 HOURS A DAY

800-222-0364 | FOH4You.com