

Stress Awareness Month



STRESS IS A NORMAL PART OF HUMAN EXISTENCE, YOU ARE NOT ALONE.

5 SENSES TO HELP MANAGE STRESS

1. **Sight:** Find an area with natural light.
2. **Smell:** Enjoy some fresh air.
3. **Taste:** Sip on some hot tea.
4. **touch:** snuggle with your animal or blanket.
5. **Sound:** Sing along to your favorite song.



“The greatest weapon against stress is our ability to choose one thought over another.”
-William James

FUN FACT

A NAP LASTING 10-20 MINUTES IS IDEAL FOR IMPROVING VIGILANCE, CONCENTRATION AND ENERGY.



33% OF AMERICANS LIVE WITH EXTREME STRESS

48% OF AMERICANS MENTION THAT STRESS HAS A NEGATIVE IMPACT ON THEIR PERSONAL LIFE



ACTIVITIES TO HELP REDUCE STRESS



YOGA is often thought as the gold standard for stress and anxiety relief.

BREATHING EXERCISES can help calm you down and re-center when you are in a stressful situation.



MONTHLY MENTAL HEALTH GOAL: _____



APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		APRIL FOOL'S DAY! 	National PB&J Day 	TAKE A 30 MINUTE WALK	Stretch with a friend! 	
6	WORLD HEALTH DAY 	Try a group sport with a friend! 	TAKE A 30 MINUTE NAP	"Relax. No one else knows what they're doing either." —Ricky Gervais	Types of Stress https://www.talkspace.com/blog/types-of-stress/	
13	International Moment of Laughter Day	Climate Change https://www.talkspace.com/blog/climate-change-and-mental-health/	"My key to dealing with stress is simple: just stay cool and stay focused." —Ashton Eaton	Exercise with a friend! 	National Exercise Day 	
20	Go for a walk with a friend! 	"In the middle of difficulty lies opportunity." —Albert Einstein	JOURNAL FOR 30 MINUTES	Feeling the Blues? https://www.talkspace.com/blog/feeling-the-blues/	Social Anxiety Test https://www.talkspace.com/assessments/social-anxiety-test	
27	National Blueberry Pie Day 	Cope with Stress https://www.talkspace.com/blog/stress-management-techniques/	Attend Yoga with a friend! 			

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