

FREE
your
FEELS™

**STRESS
AWARENESS
MONTH**

RESOURCE TOOLKIT



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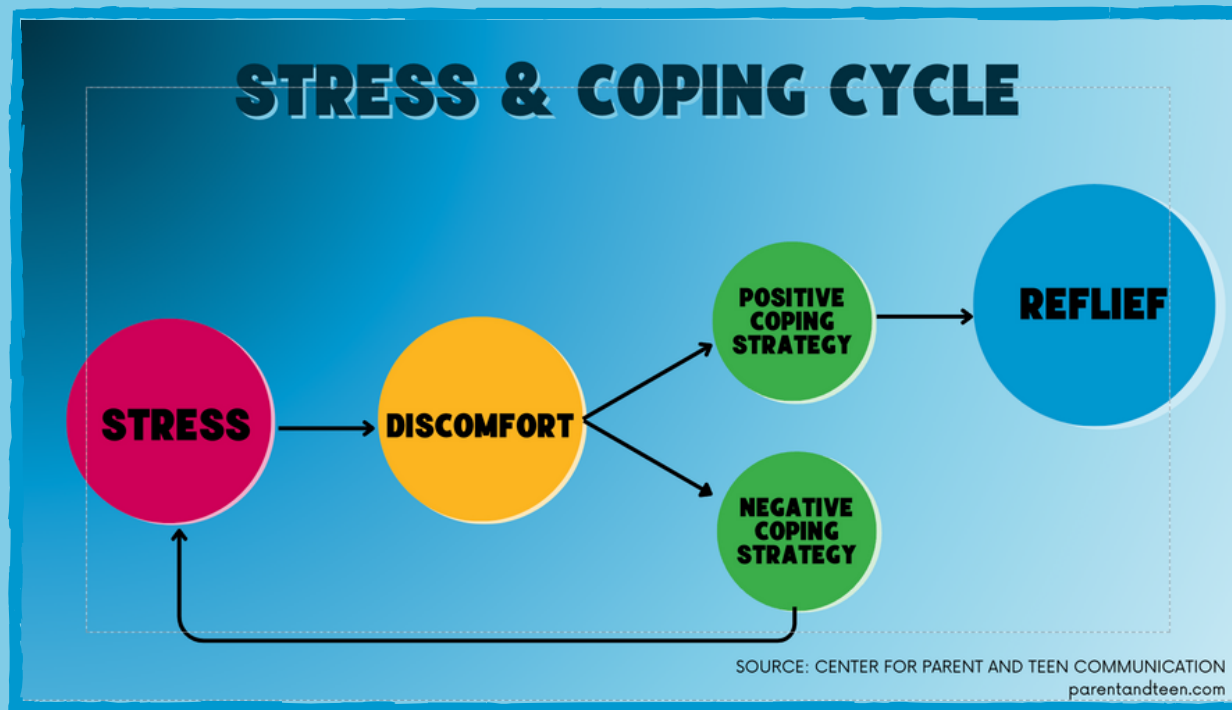


**STRESS
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INTRO



Stress, often associated with negativity, plays a crucial role in maintaining a healthy lifestyle. Understanding the distinction between positive and negative stress, as well as learning effective stress management techniques, can significantly enhance our overall well-being—both mentally and physically! During this year's Stress Awareness Month (April), we'll provide you with tools to identify signs of harmful stress and anxiety, offer strategies for managing stress, and guide you toward available resources for support.



FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225



FOR EVERYONE



Being attuned to your daily mental and physical well-being is important! Regularly assess your emotions, feelings, and any physical or mental symptoms which may signal a more significant health issue requiring action. Mental Health America offers many online, anonymous, and confidential screening tools that individuals can use to explore their symptoms, learn more about mental health, and get more information about access to treatment if needed.

ACTION

All of us experience stress at various points, but did you know that certain stress can have positive effects? [This video](#) delves into the distinctions between healthy stress and toxic stress (good stress vs. bad stress), equipping you with tools to effectively handle your reactions in stressful scenarios.



BONUS ACTION

Take a few minutes of your day to take this [Stress Screener](#).

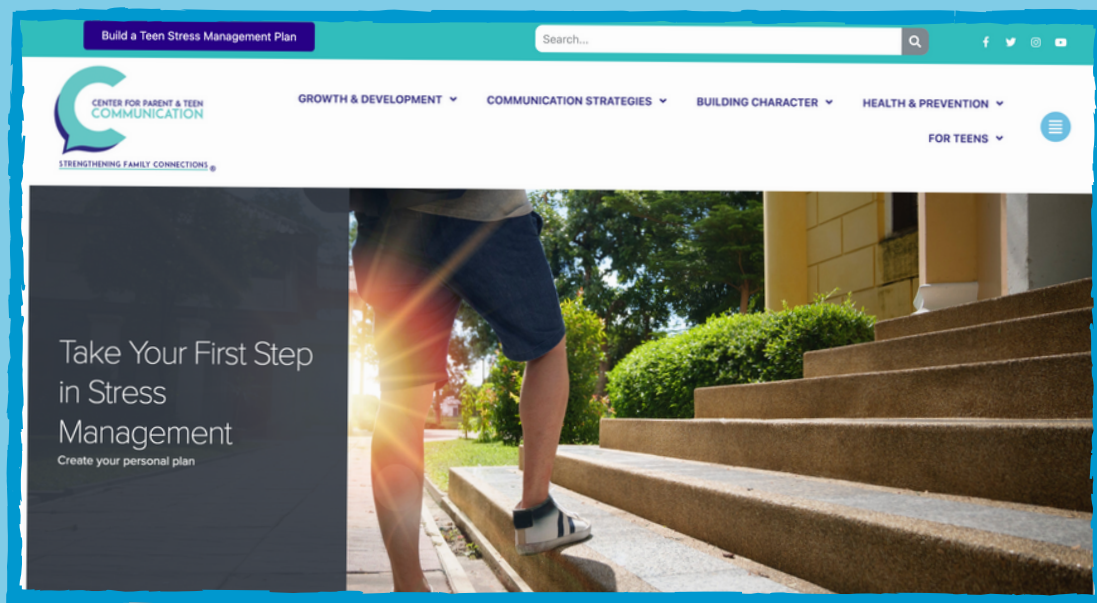
FOR YOUTH



For teens, understanding positive strategies to navigate life's challenges is crucial for good health. Effective stress management, though it requires patience and practice, pays off in the long run. It regulates emotions, fosters personal growth, and strengthens relationships. On the other hand, harmful coping mechanisms like thrill-seeking, alcohol, drugs, self-harm, and unhealthy eating offer quick relief but can be dangerous. These actions can lower self-esteem, strain relationships, and harm academic performance, perpetuating the stress cycle. Identifying stress triggers is essential before acting.

ACTION

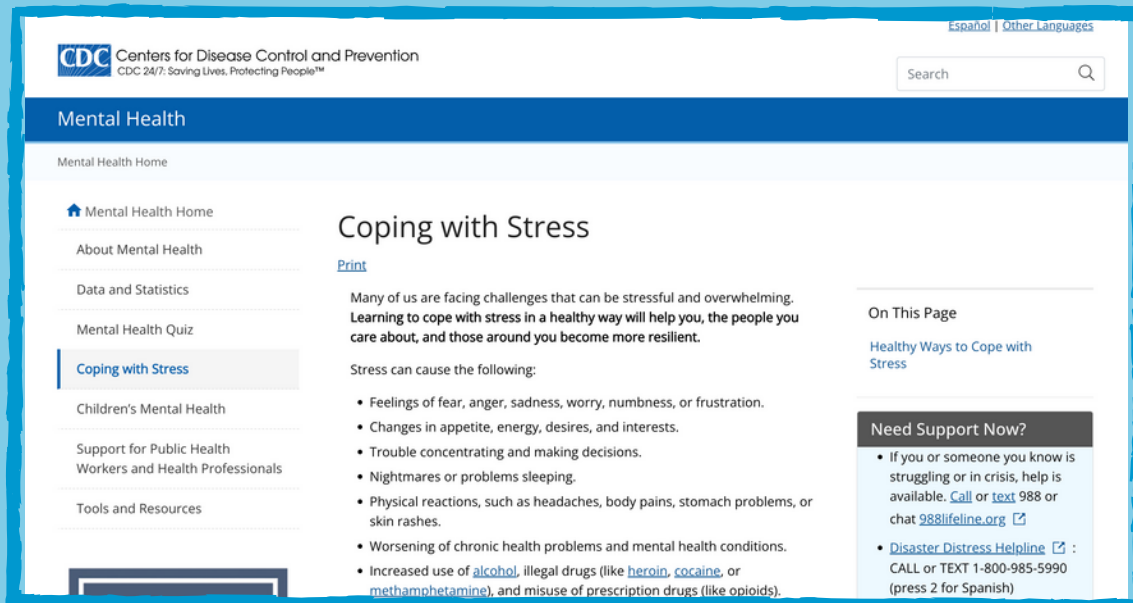
Build your own Stress Management Plan! This plan is designed for you, by you, and can help you figure out what's stressing you out as well as put together a plan to effectively cope and manage.



FOR PARENTS & CAREGIVERS



For many adults caring for children, a variety of factors can impact stress levels. One of the top concerns threatening mental well-being for adults? Financial pressures. According to a recent in-depth survey, over half of Georgians (56%) are nearing a 'stress tipping point,' a state where the burden of their financial responsibilities exceeds their ability to cope effectively, potentially causing severe psychological distress. (This equates to nearly 4 million adults in Georgia!) This data represents more than just an economic benchmark; it's a staggering indicator of societal well-being and requires us to act by supporting ourselves and one another to reach and maintain a healthy mental state.



ACTION

The CDC offers additional ways to manage stress, anxiety, grief, or worry.




FOR URGENT SUPPORT TEXT OR CALL 988, OR CALL THE GA CRISIS AND ACCESS LINE: 1-800-715-4225

FOR PARENTS & CAREGIVERS



This infographic, and the associated, more detailed factsheet, are both good places to start. Know the difference between stress and anxiety, how it affects your health, and positive coping practices (such as journaling, exercising, or deep breathing).



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> • Generally is a response to an <i>external</i> cause, such as taking a big test or arguing with a friend. • Goes away once the situation is resolved. • Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> • Excessive worry • Uneasiness • Tension • Headaches or body pain • High blood pressure • Loss of sleep 	<ul style="list-style-type: none"> • Generally is <i>internal</i>, meaning it's your reaction to stress. • Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. • Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help


If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



nimh.nih.gov/stressandanxiety

NIMH Identifier No. OM 20-4319

It's important to manage your stress.



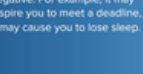
I'M SO STRESSED OUT!

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Stress	Both Stress and Anxiety	Anxiety
<p>Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.</p> <p>What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.</p> <p>What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.</p>	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> • Excessive worry • Uneasiness • Tension • Headaches or body pain • High blood pressure • Loss of sleep 	<p>If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietyandstress.</p> <p>So, how do you know when to seek help?</p> <ul style="list-style-type: none"> • Generally is internal, meaning it's your reaction to stress. • Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. • Is constant, even if there is no immediate threat.



nimh.nih.gov/stressandanxiety

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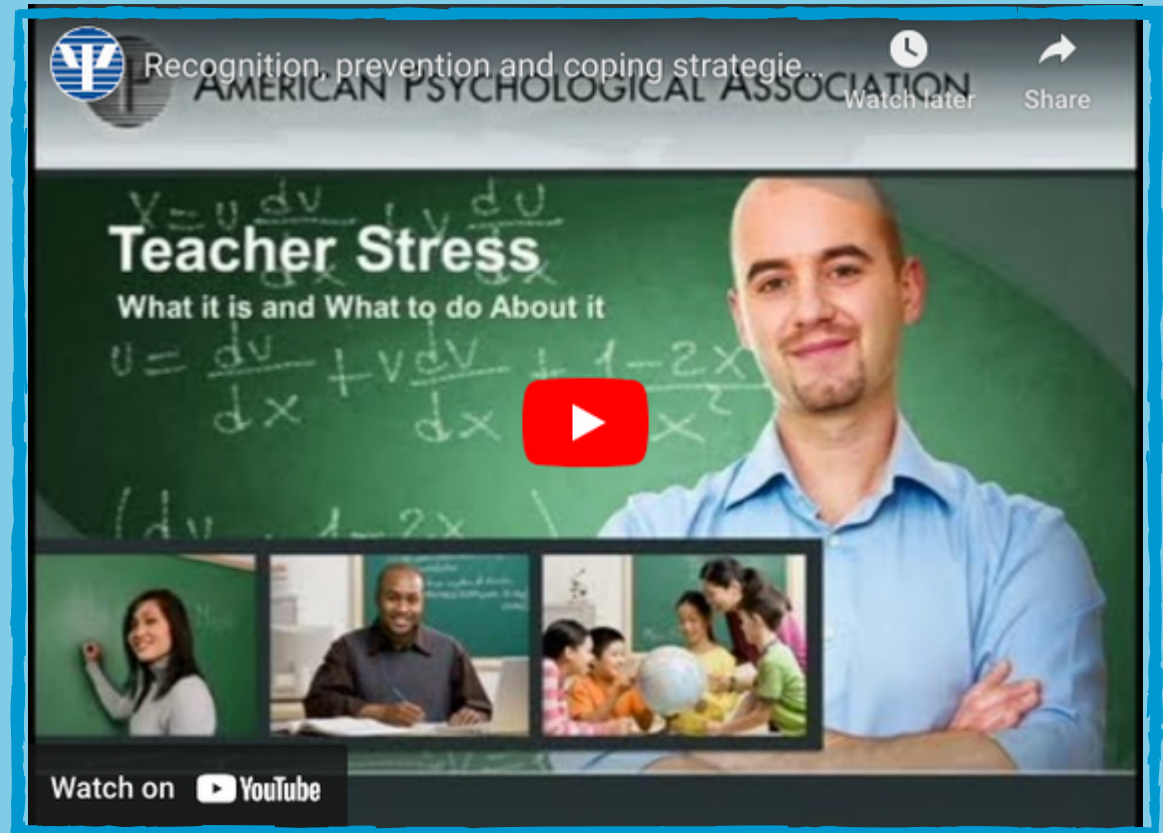
FOR EDUCATORS & PROFESSIONALS



Educators may feel overwhelmed by the complexity and responsibilities of their role. The American Psychological Association has created a course, primarily aimed at pre-service teachers and new educators (though helpful for all school staff, new or seasoned!), examining causes of teacher-related stress and providing strategies for preventing and coping with stressful situations.

ACTION

Complete the "Teacher Stress" module at your own pace (nearly 1.5 hours total) to gain tools to cope and manage stressful events, situations, and triggers.





QUESTIONS? CONTACT

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