

Stress is the result of pressure or tensions and how our body responds. Stress can cause feelings of unease, anxiety, frustration, nervousness, fearfulness, or helplessness. You may notice changes in your sleep, appetite, and energy levels. Feeling stressed is normal, but if unmanaged may become overwhelming and affect your mental and physical health.

What you can do:

- **Take Five:** Take a deep breath and relax. Even five minutes to take care of yourself can help.
- **Take a Walk:** Stretch or attend an exercise class. While doing an activity you enjoy, focus on the moment!
- **Maintain Connections:** Call, text, or hang out with friends and family.
- **Create a Daily Routine:** Plan for rest, exercise, and regular meals.
- **Seek Support:** Reach out to friends, family, and trusted organizations.
- **Seek Help:** Consult a professional if stress becomes overwhelming or feels unmanageable.

