



National Stress Awareness Month

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Did you know that stress affects your entire body? Chronic stress can lead to a range of health problems, including high blood pressure, heart disease, a weakened immune system, headaches, and numerous other complications. In times like these, stress is nearly impossible to avoid, which is why it is crucial to manage it in a healthy way. April is National Stress Awareness Month, dedicated to raising awareness of the effects of stress and educating people on how to properly manage it. Below are some strategies to help mitigate stress and promote well-being:

- **Stay Active:** Physical activity is a great stress reliever and increases endorphins that can boost your mood. In stressful situations, try taking a break to go for a walk or jog to clear your mind, then return to the situation with a better mood. Exercise also helps reduce muscle tension caused by stress.
- **Meditate:** Meditation has been used for thousands of years as a tool for relaxation and calming the mind. It can provide peace and balance for both mental and physical health.
- **Sleep:** Sleep is an essential human function. It is recommended to get around 7-9 hours of sleep a night; less can severely impact mood, memory, and increase stress.
- **Journal:** Journaling is incredibly helpful when dealing with stress. You can write freely about what is on your mind as a form of emotional release or use journaling as a tool to organize your thoughts and help with problem-solving.
- **Be Creative:** Take your mind off stressors and de-stress by engaging in creative activities such as arts and crafts. These activities help process emotions and express yourself in different ways.

- **Stay Connected:** Staying connected with your support system of friends and family is beneficial.
- **Make Time for Yourself:** Take a few hours from your busy day to prioritize self-care and relaxation.