



Outreach of the Month



Information for Your Patients

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Gaps in care
Outreach
topic:

**STRESS
AWARENESS**

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National Stress Awareness Month: 5 tips for easing, managing symptoms

Stress is a natural response to life experiences, that affects almost everyone. There's good stress that can motivate you to complete tasks, and then there's bad stress, which has the complete opposite effect. At high levels, stress can have a negative impact on your physical and mental health.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress.

Symptoms:

- Interfere with your everyday life
- Cause you to avoid doing things
- Seems to be always present

Helpful Tips:

- It's important to practice the "big three," which are eating healthy, exercising and getting enough sleep.
- It can be helpful to put your feelings on paper. Getting the thoughts out of your mind and onto paper will signal your brain that the thought is safe, and it no longer needs to hold onto it.
- Talk about your problems. Confiding in a trusted friend or family member can go a long way in combating stress.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help.

****CONTACT YOUR PCP TODAY****

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