

April is Stress Awareness Month

Signs of High Stress

- Difficulty sleeping
- Feeling anxious or worried
- Feeling irritable or moody
- Lack of energy
- Headaches
- Muscle tension or pain
- Stomach problems
- Racing thoughts



Ways to Reduce Stress

- Exercise
- Get fresh air
- Deep breathing exercises
- Eat a balanced diet
- Mindfulness and meditation
- Prioritize sleep
- Listen to music
- Talk with a friend or counselor



Mental Health Resources

If you are finding your stress is difficult to manage on your own, reach out for help. You are not alone!

Scan the QR code for help finding mental health supports in Massachusetts.

