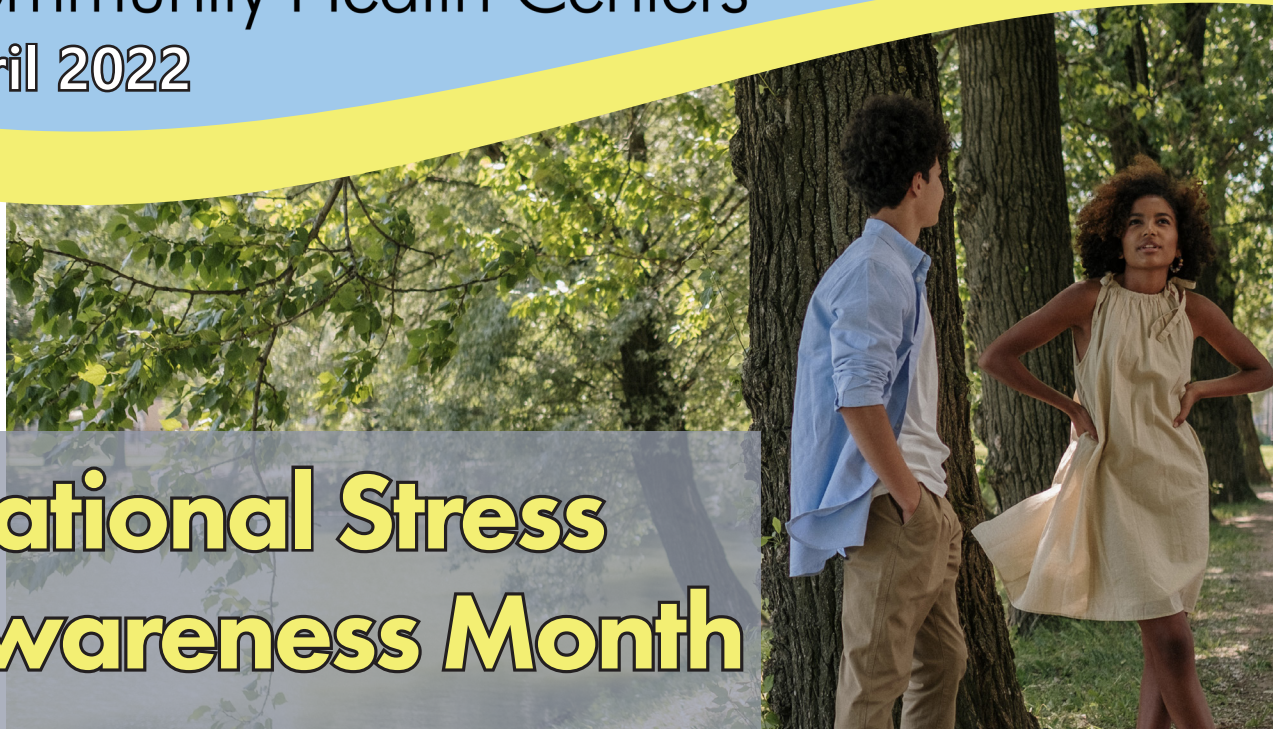


HealthReach Community Health Centers April 2022



National Stress Awareness Month

Healthy Ways to Cope with Stress

- Take breaks from news and social media - consider your viewing habits
- Eat healthy, get movement in, and get plenty of sleep.
- Try calming activities - deep breathing, stretching, or meditating.
- Make time to do activities you enjoy, especially outdoors
- Talk to others about how you are feeling or if you have concerns
- Avoid excessive alcohol or drug usage, these can make stress worse.

Seek Support
when you need it

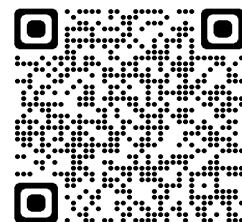


Peer Support Warm Line: 1 (866) 771 - 9276

Maine Crisis and Counseling Line: 1 (888) 568 - 1112

Talk to your clinician if you need help and learn more about stress at:

www.cdc.gov/violenceprevention/about/copingwith-stresstips.html



Resource: www.cdc.gov/violenceprevention/about/copingwith-stresstips.html

Developed by AmeriCorps member Sophie Boardman serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill AmeriCorps VISTA program Partnership from the Corporation for National and Community Service.