

Some Important Things to Know...



Stress can cause:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and interests
- Trouble concentrating and making decisions
- Nightmares or problems sleeping
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes
- More – or more severe - health problems and mental health conditions
- Higher use of substances like [alcohol](#), illegal drugs (e.g. [heroin](#), [cocaine](#), or [meth](#)), and misuse of prescription drugs (like opioids and other painkillers)

Ways to cope with stress:

- Take a break from watching or reading about the news (e.g. TV, phones, iPads, social media, etc.)
- Take care of your body (e.g. eat healthy, exercise, get enough sleep, etc.)
- Avoid illegal drugs and limit alcohol
- Give up or don't start smoking
- Stay connected to important health services
- Remember to relax and take some time for yourself
- Keep up important relationships
- Connect with community-based organizations and events
- Enjoy your faith-based activities

Source:

U.S. Centers for Disease Control and Prevention (2023). Mental Health: *Coping with Stress*. [National Center for Injury Prevention and Control](#). Retrieved on 5.26.24:1615 from <https://www.cdc.gov/mentalhealth/cope-with-stress/index.html>.