



# April 2025

## Stress Awareness Month

*Embrace Stress Awareness Month by prioritizing self-care, learning effective stress management techniques, and connecting with others to foster a supportive community focused on mental well-being.*

### The Importance of Stress Awareness Month

April is Stress Awareness Month, a time dedicated to raising awareness about the impact of stress on our lives and promoting effective strategies for managing it.

- **Recognition:** It highlights the importance of recognizing stress and its effects on mental and physical health.
- **Education:** Provides information on how to manage stress effectively.
- **Support:** Encourages people to seek help and support when dealing with stress.

### Practical Tips for Managing Stress

Managing stress is always easier said than done. Below are a few strategies to help you take the next step towards better health.

- **Set Boundaries:** Establish clear boundaries in your personal and professional life to avoid burnout.
- **Practice Self-Care:** Engage in activities that you enjoy and that help you relax.
- **Stay Active:** Regular physical activity can help reduce stress levels.
- **Connect with Others:** Spend time with friends and family to share your feelings and get support.
- **Mindfulness and Meditation:** Incorporate mindfulness practices and meditation into your daily routine to stay grounded.

### The Role of Stress Awareness

Stress awareness plays a crucial role in overall wellness by helping individuals recognize, understand, and manage stress effectively.

- **Early Detection:** Being aware of stress allows for early identification of symptoms, which can prevent the escalation of stress-related issues.
- **Mental Well-being:** Understanding stress and its effects can lead to better mental health by reducing anxiety, depression, and other stress-related disorders.
- **Physical Health:** Managing stress can lower the risk of physical ailments such as high blood pressure, heart disease, and weakened immune function.
- **Relationship Quality:** Reducing stress can lead to healthier and more harmonious relationships by minimizing stress-induced conflicts and improving communication.
- **Quality of Life:** Overall, stress awareness contributes to a more balanced, fulfilling, and healthier life.

**Your Employee Assistance Program offers expert guidance to help you and your family address and resolve everyday issues. ComPsych Guidance has emotional wellbeing and work-life balance resources to keep you at your best. Call ComPsych's 24/7 live assistance at 844.257.6078.**

