

# ***Feelings of STRESS Don't Define Us!***

## ***IF YOU FEEL:***

Headaches

Trouble Sleeping

Feelings of Panic or Sadness

Tension in your Body or Jaw

Consistent Exhaustion, Lack of  
Motivation, or Feeling Angry

Increased Blood Pressure or Heart Rate

Eating, Drinking, or Smoking More Than Usual

Weakened Immune System, Getting Sick More Often

## ***Stress Can Be Helped By:***

Tense and release different muscles in your body one by one

Prioritize sleep and ensure you are getting enough

Practice Square Breathing: breath in for 4 seconds,  
hold for 4, out for 4, repeat 10 times

Limit distractions and additional responsibilities

Prioritize physical activity, even a short walk

Set goals for your day and write them down

Change your physical surroundings

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



**988** | SUICIDE & CRISIS  
LIFELINE

<https://chat.988lifeline.org/>

**CRISIS TEXT LINE** |

Text NATIVE to 741741

**EAP** 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.foh4you.com)