

HOW TO DEAL WITH STRESS AND ANXIETY

SPIRIT

Promote awareness of stress and other mental health issues through educational forums and other events.

Invite local mental health experts to speak at your faith community.

Identify opportunities to support congregants with stress and mental illness.

Build a safe and supportive environment where congregants can openly talk about stress, trauma and other mental health issues.

Train members to identify the signs of stress, depression and suicide and refer congregants to resources.

Encourage and express empathy in your faith community. Convey a message of compassion and acceptance.



For mental health information and resources visit:
www.mentalhealthamerica.net



Prayer: Open our hearts. Help us to share the light of love with those living with stress, anxiety and other mental health issues.



Stress Awareness

Faith communities provide a natural setting where individuals experiencing stress and other mental health issues can find support.

For example, spiritual beliefs and practices can help people experience greater hope.

Prayer and meditation can help people feel at peace.

A faith community can provide a faith framework that can help people understand and cope with difficult life events.



National Stress Awareness Month

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BODY



Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



Exercise daily.

Exercising can help you feel good and maintain your health



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MIND



Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.