

Talkspace

Take stress management seriously

April is Stress Awareness Month so here's an awareness check: Do you realize that if you don't have good strategies in place for managing stress then it's probably taking a toll on your physical and mental health?

A totally stress-free life isn't possible (or even desirable) but reducing the effects of stress is totally doable and has positive health benefits.



Some recommended reading on the topic by Talkspace therapists:

[**How to Destress After Work**](#)

[**Men and Stress**](#)

[**How to Cope with Relationship Stress**](#)

[**Managing Mom Stress**](#)

[**How to Tell the Difference Between Good and Bad Stress**](#)