

RESOURCES >>>

When someone we know struggles with stress, here are some helpful resources:

APPS

Smiling Mind: Mindfulness activities for all ages

Headspace: Guided meditations for mindfulness, sleep, and breathing

Healthy Minds: Meditation and mindfulness

Calm: Music and sounds for focus, studying, relaxation and sleep

WEBSITES

Depression Center Toolkit (by University of Michigan): provides information, tools, support, and resources to guide individuals through their mental health journeys. depressioncenter.org

Live Your Life Well (by Mental Health America): 10 tools and tips for managing stress. mhanational.org

Confidential Online Screening: Developed by the U-M Psychological Clinic for anxiety, depression, and more. hr.umich.edu

1N5: Access a variety of therapy options. 1N5.org/find-a-provider

Therapy for Queer People of Color: Mental healthcare exclusively for queer and trans people of color. therapyforq poc.com

VIA PHONE

Ohio CareLine: Non-emergency emotional support. 800-720-9616



For **Self-Care resources** including mindfulness, sleep, nutrition, and physical activity articles, apps, and additional tools, visit our website using this QR code

DOWNLOAD THE 1N5 REACH OUT APP ON THE APP STORE & GOOGLE PLAY STORE

1N5's Reach Out app is a great tool to use when looking for guidance to help yourself or a friend, learn about suicide prevention, or cope with mental health challenges.



DOWNLOAD NOW ON THE APP STORE!



DOWNLOAD NOW ON THE PLAY STORE!



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1N5 is a non-profit organization that serves to increase awareness and education about mental health in youth and adults.

STRESS



Stress is the uncomfortable feeling that people experience when they are worried, scared, frustrated, or overwhelmed by a situation. Here we will walk through the signs and healthy management techniques to **build strength and resiliency**

1N5.org | info@1N5.org
Stop the Stigma. **Start** the Conversation.



WHAT IS STRESS?

As explained by Mental Health America's definition, we may feel physical stress as a result of too much to do, not enough sleep, a poor diet, or the effects of an illness.

We may also feel the impact of mental stress when we worry about money, illness, retirement, or experience an emotionally devastating event such as the death of a loved one or being fired from work.

HOW STRESS CAN PRESENT ITSELF

People respond to stress and/or stressful situations differently. Some of the ways in which stress can present itself include:

- **Physical signs:** sweating, fainting, neck or back pain, nervous twitches, headaches
- **Emotional signs:** anger, difficulty concentrating, fatigue, irritability, restlessness, sadness
- **Stress-related behaviors:** angry outbursts, drug or alcohol misuse, frequent crying, social withdrawal, relationship issues

HEALTHY WAYS TO MANAGE STRESS

4-7-8 Breathing: Slow, long deep breaths calm our stress response.

- Breathe in slowly to the count of 4.
- Hold breath to the count of 7.
- Slowly breathe out to the count of 8.
- Repeat at least 3 cycles.

Hugging: Giving a hug to someone we love and trust can change our hormones, lower our blood pressure and heart rate, and improve our mood.

Physical Movement: Walking, running, jumping, dancing, biking, swimming, etc. gets the heart pumping and...

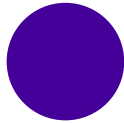
- Distracts us from what we are anxious about
- Increases the feel-good hormones in our bodies
- Decreases muscle tension
- Activates the frontal region of our brains

Sleep: Consistent, restful sleep boosts our immune systems, aids our memories, and lowers the risk of anxiety and depression.

Practice Being Thankful: Gratitude helps us feel more positive emotions, relish good experiences, deal with adversity, build strong relationships, and improve general health.

When stress occurs over a long period of time, or as chronic stress, it can create consistent symptoms like nervousness, agitation, chest pain and insomnia, among others.

Identifying ways that stress shows up in life is the first step to healthy stress management. If we feel that stress is affecting our daily lives, we should seek professional help from a therapist or stress management specialist.



When we are constantly reacting to difficult situations without making adjustments to counter the effects, we will feel stress which can threaten our health and well-being.

It is essential to understand that external events, no matter how we perceive those events, may cause stress.

Stress often accompanies the feeling of "being out of control."