

## Anxiety, Stress, & Coping Month: April 2022



# THRIVE

WELLNESS PROGRAM

## Helpful Resources

- CDC's [\*Coping With Stress\*](#)
- Mayo Clinic: [\*The 4 A's of Stress Relief\*](#)
- NIMH: [\*I'm So Stressed Out! Fact Sheet\*](#)
- Human Resources: [Wellness Webinar Collection](#)

## Contact Information

- **Health Advocate**
  - (866) 799-2728
  - [www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- **Human Resources Thrive Wellness Program**
  - (310) 506-4397
  - [community.pepperdine.edu/hr/wellness](http://community.pepperdine.edu/hr/wellness)

Stress is the result of pressures or tensions and how our body responds to them. Stress can cause feelings of unease, anxiety, frustration, nervousness, fearfulness or helplessness. When stressed, you may notice changes in your sleep, appetite or energy level. You may experience stress for a variety of reasons during this time, such as increased caregiving responsibilities, financial challenges, or health concerns. Stress can be overwhelming and affect your mental and physical health (CDC, 2022).

### Take care of your body:

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Avoid excessive alcohol, tobacco, and substance use
- Make sleep a priority

### Connect with others:

- Talk with people you trust about your concerns and how you are feeling.
- Find more helpful information [here](#)

### Use stress management and relaxation techniques:

- Visualization techniques, meditation and yoga are examples of relaxation techniques that can ease anxiety.

### Seek help from a professional if your stress becomes overwhelming or feels unmanageable:

- Talk to your doctor about how you are feeling.
- Find mental health services: [Health Advocate](#)

### If you feel you or someone in your household may harm themselves or someone else:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800-787-3224