

Your Mental Health Matters

Mental Wellness Support and Managing Stress and Anxiety



I'm so overwhelmed with work/school



My worrying has gotten out of control



Why am I feeling angry so often?



Why won't this headache go away? Nothing helps.



I feel stuck. It wasn't always like this.



When should I get help? How do I start the conversation?

You are not alone.
You matter.

Many people (1 in 5, to be exact) are struggling with increased stress, anxiety, fear, and sadness.

Speaking up takes courage. It is important. Your mental health impacts your physical health. Finding balance and managing stress can be challenging but finding strategies to care for yourself is crucial for your emotional and physical health.

Some ways stress and anxiety can manifest

Feeling numb or unmotivated

Feeling overwhelmed or struggling to find joy

Struggling to maintain relationships

Aches and pains in your body

Impulsive behaviors or lashing out

Using substances to cope

Eating or drinking too much or too often

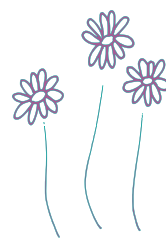
Tired and having trouble sleeping

Stomach or digestive problems

Constant worrying or feeling guilt

It will get better.

Talk to people you love about what is going on – or if you'd like, there are free, anonymous phone, chat, and text supports available. Don't struggle in silence. Find someone to talk to in your community or via telehealth at LoveIsLouder.org.



What are some things I can do to help manage stress and anxiety?

Coping with stress and anxiety may look different for you and vary based on your situation or the time of day.



Talk with someone you trust and/or a mental health professional when and if you need it.



Recognize coping red flags. Be mindful of triggers of stress and unhealthy ways of coping.



Protect "me" time. Do some self-care every day. Protect and prioritize that time for yourself.



Cut screen time. Turn off your phone if it isn't bringing you connection and joy. News matters, and too much bad news can make you feel overwhelmed. Remember - few people share their truth and challenges on social. No one is perfect.



Practice mindfulness. Write down things that bring you joy and that you're thankful for. Focus on your breath.



Give yourself grace. The way you talk to yourself matters. Set boundaries that are realistic for today. There's nothing you can't work through - one step at a time.



Care for you, inside and out. Take care of your physical health – your immune system weakens with too much unmanaged stress. Make it a point each day to get outside, to move, to drink more water, and let yourself rest.

Just not feeling right?

If you or someone you know is struggling emotionally or having a hard time coping, it's important to reach out for support. Talk to someone you trust.

Notes:

Learn more about mental wellness support, stress, and anxiety resources at ShowYourLoveToday.com/Knowledge

Show Your Love  Your Health Matters™

