

# Sinclairville Elementary Health Office

## News and Alerts

### April is Stress Awareness Month

April 1 2023

---



#### **What does it look like?**

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. Feeling stressed is normal, especially during a crisis.

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.

#### **What are some tips to help?**

##### **Take five.**

Take a deep breath and relax. Even five minutes to take care of yourself can help.

##### **Take a walk, stretch or attend a virtual exercise class.**

While doing an activity you enjoy, focus on the here-and-now.  
Maintain connections with others.

##### **Call, video chat, or reach out to friends and family.**

Create a daily routine that includes rest, exercise, and regular meals.

##### **Seek support from friends, family, and trusted organizations.**

Talk about your feelings with others.  
Consider creating a plan together with family and friends for how you may help one another or share responsibilities.

---

## More Information

**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: [Mental Health America](#)

### **Brought to you by:**

Samantha Smith RT (R), RN

Elementary School Nurse

Jacqueleen Anderson LPN

Elementary School Nurse

