

Signs of stress men often ignore

Think stress only hits when you're overwhelmed? Think again. It can creep in quietly, messing with your sleep, mood, or health without you even realizing it. Don't ignore these warning signs.

1

Trouble sleeping?

Stress can keep your mind racing at night or cause you to wake up feeling exhausted, no matter how long you sleep.

2

Quick to anger or frustration?

If little things bother you, or you feel constantly on edge, stress may be the cause.

3

Feeling "off" but can't explain why?

Stress doesn't always look like panic. It can make you feel numb, disconnected, or just not like yourself.

4

More headaches or muscle tension?

Tight shoulders, jaw clenching, back pain, or frequent headaches can be physical signs your body is holding onto stress.

5

Drinking more or zoning out?

Using alcohol, food, or sitting in front of the TV all night may be ways of avoiding stress, not managing it.

Help is available. If you can relate to any of these warning signs, then it might be time to speak to a mental health professional at First Stop Health. They can work through what's bothering you and offer you tips for managing your stress in a healthy way.



We're here for you.

Not feeling like yourself lately? We make it easy to get help anytime, anywhere, on your terms. Scan to get started!



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