

Stress Awareness Month



April is Stress Awareness Month! It's important to reflect on stress in your life and what role it plays. Try these tips to help manage your stress levels:



Take care of your physical health.

The amount and quality of sleep you get, the nutrition your meals provide you, and the way you move your body during the day all have an impact on your physical health and stress levels.



Be kind to yourself.

When you are feeling stressed and overwhelmed, try to practice self-compassion and push back against negative self-talk.



Get support.

Sometimes simply talking about what's stressing you out can make all the difference. Talk with a therapist or mental health coach to learn better ways to cope and manage what's going on.



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