



APRIL IS STRESS AWARENESS MONTH

Stress Awareness Month takes place every April and is a great opportunity to slow down, check in with yourself, and build healthier ways to cope with stress



WHY IT MATTERS:

- * Stress is something almost everyone deals with, but when it builds up, it can affect your mood, focus, sleep, and overall quality of life.
- * Recognizing your stress triggers, learning healthy coping strategies, talking more openly about mental health.

<https://www.cdc.gov/mental-health/living-with/index.html>

