

FOR IMMEDIATE RELEASE

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Stress Less

Every April, Stress Awareness Month is observed to highlight the impact of stress on mental and physical health and promote effective coping strategies. Since its inception in 1992, this month-long campaign has aimed to raise public awareness about the causes, symptoms, and management of stress, encouraging people to adopt healthier lifestyles.

Stress is a natural response to challenges and demands. It can arise from various sources, including Work-related pressures and major life changes. Prolonged exposure to stress can contribute to mental health issues such as anxiety and depression, as well as physical ailments, including high blood pressure, heart disease, and weakened immune function. Understanding the impact of stress is the first step toward managing it effectively.

To maintain overall well-being, developing healthy ways to cope with stress is essential. Some effective strategies include Exercising regularly, practicing mindfulness and meditation, maintaining a healthy diet, getting adequate sleep, and connecting with friends, family, or support groups to provide emotional support. If stress becomes overwhelming, consulting a counselor can offer guidance and coping techniques.

By understanding the impact of stress, recognizing its sources, and implementing effective coping strategies, individuals can enhance their well-being and lead healthier, more fulfilling lives. Taking proactive steps to manage stress not only benefits personal health but also contributes to a more resilient and supportive society.

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