

April Health Awareness Blog



NATIONAL STRESS AWARENESS

April is National Stress Awareness Month, a time to recognize how stress affects both mental and physical health—and to take simple steps toward better balance and wellness. While stress is a normal part of life, ongoing stress can increase the risk of chronic illness and reduce overall quality of life.



WHY STRESS AWARENESS MATTERS

Chronic stress may contribute to:

- High blood pressure
- Heart disease
- Headaches and fatigue
- Anxiety or depression
- Digestive problems
- Sleep difficulties



Recognizing symptoms early helps prevent long-term health effects.



COMMON SIGNS OF STRESS

Physical

Fatigue, muscle tension, headaches, poor sleep

Emotional

Irritability, anxiety, feeling overwhelmed

Behavioral

Changes in appetite, reduced focus, social withdrawal

If symptoms persist, your primary care provider can help identify solutions.



SIMPLE WAYS TO REDUCE STRESS



Move your body regularly



Aim for 7–9 hours of sleep nightly



Practice mindfulness or deep breathing



Stay connected with supportive people



Take breaks from screens and constant news



Even a few minutes per day can improve resilience and energy.



WHEN TO TALK WITH YOUR PROVIDER

Consider speaking with your clinician if stress is affecting:



Sleep



Energy levels



Mood



Daily functioning



Blood pressure

Primary care teams can offer screening, counseling guidance, and personalized strategies to support mental wellness.



SMALL STEPS MAKE A BIG DIFFERENCE

Managing stress doesn't require dramatic changes. Small, consistent habits—movement, rest, connection, and mindful breathing—can improve both mental and physical health over time.



This April, take time to check in with yourself. Managing stress is an important step toward protecting your long-term health.



Awareness today. Better health tomorrow.
Your health. Our priority.

