HOPE

BLOG

Stressed Out or Something More? A Quick Guide

Ask Yourself

- Can I name what is stressing me?
- Did the feeling ease once it passed?
- Does it show up with no clear cause?

Small Routines That Help

- Regular meals and less caffeine
- A journal and relaxation exercises
- Steady sleep and moving most days

When to Reach Out

- Getting through the day takes everything
- You avoid things because of it
- Thoughts of suicide? Call or text 988

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Read the full article

Stressed or Anxious? How to Tell the Difference and When to Get Help

hopebehavioralmedicine.com

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.