





## Coping with Stress

Many of us are facing challenges that can be stressful and overwhelming. **Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Trouble concentrating and making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic health problems and mental health conditions.
- Increased use of [alcohol](#), illegal drugs (like [heroin](#), [cocaine](#), or [methamphetamine](#)), and misuse of prescription drugs (like opioids).

### For immediate help

- Call 911
- [988 Suicide & Crisis Lifeline](#)  (formerly known as the National Suicide Prevention Lifeline): 988 for English or Spanish, or [Lifeline Chat](#)  . TTY users can use their preferred relay service or dial 711 then 988.

## Healthy Ways to Cope with Stress

Here are some ways you can manage stress, anxiety, grief, or worry:

- **Take breaks from news stories**, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- **Take care of your body:** Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:
  - **Eat healthy.** Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars. [See Healthy Eating Tips.](#)
  - **Get enough sleep.** Go to bed and wake up at the same time each day to help you [sleep better](#). Adults need 7 or more hours per night.
  - **Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

### #BeThe1To



If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

**ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.**





Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)

If you're struggling, call the Lifeline at **988**

- **Limit alcohol intake.** Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women. Find out more at [Drink Less, Be Your Best](#).
- **Avoid using illegal drugs or prescription drugs** in ways other than prescribed. Don't take someone else's prescription. [Substance use treatment](#)  is available, and recovery starts with asking for help.
- **Avoid smoking,** vaping, and the use of other tobacco products. People can and do [quit smoking](#) for good.
- **Continue with regular health appointments, tests, screenings, and vaccinations.**
- **Make time to unwind.**
  - Take deep breaths, stretch, or [meditate](#)  .
  - Try to do some other activities you enjoy.
- **Connect with others.**
  - [Talk with people](#) you trust about your concerns and how you are feeling.
  - Connect with your community-based or faith-based organizations.

## Resources

### For Everyone

- [How Right Now — Finding What Helps](#)
- [Coping with a Disaster or Traumatic Event](#)
- [Suicide Prevention | Suicide | CDC](#)
- [NIMH » I'm So Stressed Out! Fact Sheet \(nih.gov\)](#) 
- [Mindfulness Coach – PTSD: National Center for PTSD \(va.gov\)](#) 

### For Families and Children

- [Helping Children Cope with Emergencies](#)
- [Adolescent Mental Health](#)
- [Tools for Supporting Emotional Wellbeing in Children and Youth](#) 

Last Reviewed: January 3, 2023