



## How Are You Managing Stress?

**The American Institute of Stress estimates that 55% of Americans are stressed during the day.** That means if you are talking to someone right now, possibly you or they are experiencing stress. As we know, some stress is good and helpful to our performance and in emergency situations. When not managed or kept in check, and if it is continuous, it could have a negative impact on our relationships, ministry, and physical, mental, and spiritual health. The CDC provides some basic tips to cope with stress:

- Take care of yourself - eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed
- Talk to a family member, friend, or trusted source
- Recognize when you need more help if it persists

For the full article, [click here](#).

Mental Health America (MHA) also provides tips on how to reduce your stress. See their [Stress Screener](#).