



Stress Prevention Toolkit | *Tip sheet*

# Practical Stress-Relievers

We all feel stress sometimes. In 2024, 43% of U.S. adults said they were more anxious than they were the previous year (American Psychiatric Association). Thirty-one percent of adults across the world said that stress was the biggest health problem in their country (Statista). The top causes of daily stress in the U.S. are health, money and the economy. Other things that cause stress are family responsibilities, safety and discrimination.

Stress isn't just about feeling overwhelmed. Over time, it can show in your body as headaches, trouble sleeping or sickness. Chronic stress can lead to heart disease, high blood pressure, anxiety and depression (Yale Medicine). That's why it's important to find healthy ways to manage it.

Here are some things that can help:

**Help others** to reduce stress hormones in your body. Helping someone else makes you think outside yourself and boosts your mood.

**Volunteer regularly** for more happiness and purpose. Studies show that people who volunteer are also physically healthier over time.

**Get into hobbies** like art, music or sports. People who make time for hobbies report better sleep and less anxiety.

**Spend time with friends or family** to lower your stress and feel supported. Even quick check-ins or sharing lunch can protect your mental health.

You don't have to let stress run your life. Help others, find what you enjoy and stay connected to feel stronger, calmer and more in control.

*Reviewed by Clinical Director, EAP (Certified Employee Assistance Professional)*

## #StressLess

If you or someone you know is struggling with mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).