

# Stress Awareness Month Resources

## HOW TO DEAL WITH STRESS AND ANXIETY

### SPIRIT

- Promote awareness of stress and other mental health issues through educational forums and other events.
- Invite local mental health experts to speak at your faith community.
- Identify opportunities to support congregants with stress and mental illness.
- Build a safe and supportive environment where congregants can openly talk about stress, trauma and other mental health issues.
- Train members to identify the signs of stress, depression and suicide and refer congregants to resources.
- Encourage and express empathy in your faith community. Convey a message of compassion and acceptance.

For mental health information and resources visit: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Prayer:** *Open our hearts. Help us to share the light of love with those living with stress, anxiety and other mental health issues.*

Advocate Health Care | Aurora Health Care

## National Stress Awareness Month

April is National Stress Awareness Month, a time to increase public awareness about the causes, treatments and health risks of stress.

Faith communities can provide a natural setting where individuals experiencing stress and other mental health issues can find support.

For example, spiritual beliefs and practices can help people experience greater hope.

Prayer and meditation can help people feel at peace.

A faith community can provide a faith framework that can help people understand and cope with difficult life events.



Advocate Health Care | Aurora Health Care

3/2023

## Bulletin Inserts [PDF](#) and [Word](#)

## April is National Stress Awareness Month

### How to Deal with Stress and Anxiety:



- Take deep breaths
- Slowly count to 10
- Give back to your community
- Meditate, Pray
- Talk to someone

Advocate Health Care | Aurora Health Care

Now part of **ADVOCATEHEALTH**

## Worship Slide [PowerPoint](#)