








Stress Awareness Month

According to a Gallup poll, 55% of Americans experience stress daily—making the United States one of the most stressed-out nations in the world. Unfortunately, chronic and long-term stress can greatly increase your risk of developing a serious health condition. Prolonged stress that is not addressed can become a serious health concern and can lead to burnout. Examples of chronic and long-term stress include financial troubles and heavy workloads. Stress that is left unchecked can contribute to health problems like heart disease, diabetes, high blood pressure, obesity, and other mental health conditions. Stress affects your mental health, but it can show itself in other ways too. Back pain, poor focus and headaches can all be symptoms of stress. Additional stress signals include trouble sleeping, upset stomach, change in appetite, social withdrawal, and chest pain.

2024
APRIL

-  World Autism Day
-  World Health Day
-  [Managing Stress and Anxiety During Troubling Times](#)
-  [Eat a Low-stress Diet](#)
-  [Mindfulness-based Stress Reduction](#)

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 	3	4	5	6
7 	8	9 Ready, Set, Weight Loss Webinar with HRH at 5:30 pm	10	11 Wellness Walk with HRH at 2 PM	12	13
14	15	16 Foam Rollers in Plainfield at 5:30 with HRH	17	18	19	20
21	22	23 Training for a 5k On-site Lunch and Learn at 11:30	24	25	26	27
28	29	30				

