

# April is Stress Awareness Month



This month, we're focused on providing you and your family with self-help tools to manage stress and thrive.

Below, you'll find a curated list of resources and videos aimed at helping you understand, manage, and overcome stress. From relaxation techniques to stress-reducing exercises, we've included a wide range of helpful tools.

- [Manage Stress: Take Action](#) – (OASH)
- [Stress Less for a Healthier Heart Fact Sheet](#) (NIMH)
- [I'm So Stressed Out! Fact Sheet](#) (NIMH)
- [GREAT: Helpful Practices to Manage Stress and Anxiety](#) - Video (NIMH)
- [7 Steps to Manage Stress and Build Resilience](#)
- [My Mental Health: Do I Need Help?](#) (NIMH)
- [Feeling Stressed? Ways To Improve Your Well-Being](#) (NIH)
- [5 Minute Stress Management](#) – Video (VA.gov)
- [How to Help Children and Teens Manage Their Stress](#) (APA)
- [Stress in Childhood](#) (Medline Plus)
- [Stand Up to Stress!](#) (NIMH)  
(Coloring & activity book for kids ages 8-12)
- [Stress Catcher Activity for Kids](#) (NIMH)
- [Mental Health Minute: Stress and Anxiety in Adolescents Video](#) (NIMH)
- [Mental Health Minute: Stress and Anxiety in Adolescents](#) - Video (NIMH)
- [Relaxation Techniques for Health](#)

## Seeking Help?

If you are in crisis, call or text the [988 Suicide & Crisis Lifeline](#) at **988** or chat at [988lifeline.org](#), or text the [Crisis Text Line](#) (**text HELLO to 741741**).

- [Get Help Right Now](#)
- [Find Services and Treatment](#) (NIMH)
- [Tips for Choosing a Provider & Where to Start](#) (Mental Health America)



**Let's embark on this journey towards greater well-being together!**