

# Handling Stress & Anxiety

Everybody experiences stress. It's the body's natural reaction to tension, pressure, and change. Recognize stress is an ongoing part of life. However, too much stress can be bad for you – both physically and mentally. Prolonged, unrelieved stress can lead to accidental injury as well as serious illness.



## Ways to handle stress

- Take a break from the news and social media.
- Get outside! Just a few minutes of fresh air a day can make a difference!
- Do things you enjoy like reading, playing games, or watching funny movies and shows.
- Care for your body. Exercise, meditate, stretch, take deep breaths. Stick to your sleep schedule and try to eat healthy.
- Reach out to others. Talk to friends and families about your concerns, and be there for others when they need someone to talk to.

## Alcohol is an Unhealthy Coping Mechanism

While some adults may be able to enjoy an occasional glass of wine or mixed drink at home (as long as you are cleared to do so by a doctor), **drinking too much can cause significant health problems including a weakened immune system.**

You might think that alcohol helps you cope with stress, but it is not a good coping mechanism, as it is known to increase the symptoms of panic and anxiety disorders, depression and other mental disorders, and the risk of family and domestic violence.



### How much is too much?

Moderate Drinking = 1 drink per day for adult women, 2 drinks per day for adult men

Binge = 4 or more for women, 5 or more for men consumed within about 2 hours

Heavy Alcohol Use = 3 or more drinks any day for women, 4 or more drinks any day for men

Even with moderate drinking, one should take caution that alcohol is not being used to cope with stress, anxiety, or boredom.

Binge drinking and heavy alcohol use are problematic. If you find yourself or a loved one drinking this much, seek help.

**If you or a friend is struggling and need additional support and resources, call our local addiction helpline at 330-678-3006  
crisis helpline at 330-678-HELP  
or call/text 988**