



# STRESS AWARENESS

APRIL 2025

**April** is here, and with it comes **Stress Awareness Month**—a perfect time to pause and rethink how we handle life's pressures. Stress is something we all face, but did you know that **chronic stress** can take a significant toll on your health?

As we observe Stress Awareness Month, it's a great time to reflect on how stress affects us and explore ways to manage it.

## The Hidden Dangers of Stress

Stress is not just a feeling of being overwhelmed. When left unmanaged, stress can lead to serious health issues, such as:



### Heart Disease

Chronic stress can increase the risk of heart disease by raising blood pressure and contributing to inflammation in the body.

### Mental Health

Prolonged stress is linked to anxiety, depression, and burnout.



### Sleep Disruption

Stress can lead to difficulty sleeping, contributing to fatigue and poor concentration.



### Weakened Immune System

Long-term stress can impair immune function, making you more susceptible to illness.

### Digestive Issues

Stress can lead to stomach problems such as indigestion, bloating, and even more serious conditions like IBS.



## How to Manage Stress

The good news is that there are practical steps you can take to reduce stress and protect your health. Here are some simple strategies:

### Exercise Regularly

Physical activity helps reduce stress hormones and stimulates the production of endorphins—your body's natural mood boosters.

### Practice Mindfulness

Meditation, deep breathing, and mindfulness exercises can help calm the mind and reduce anxiety.

### Prioritize Sleep

Aim for 7-9 hours of quality sleep each night to allow your body to recover and rejuvenate.

### Connect with Others

Spend time with loved ones or talk to a trusted friend or therapist. Social connections are a key to managing stress.

### Set Boundaries

Learn to say "no" when you're feeling overwhelmed, and manage your workload to avoid burnout.



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