

MONOGRAM

APRIL 2023



Stress Awareness Month

April is National Stress Awareness Month. The goal of this designation is to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health.

It's critical to recognize what stress and anxiety look like, take steps to build resilience and manage job stress, and know where to go for help.

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What is Stress?



Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave.

By causing mind-body changes, stress contributes directly to psychological and physiological disorder and disease and affects mental and physical health, reducing quality of life.

Recognize the symptoms of stress you may be experiencing:

- Feeling irritation, anger, or in denial
- Feeling uncertain, nervous, or anxious
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

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What is Stress?



Sometimes, a small amount of stress can help us to complete tasks and feel more energized. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health.

You might hear healthcare professionals refer to some types of stress as 'acute' or 'chronic':

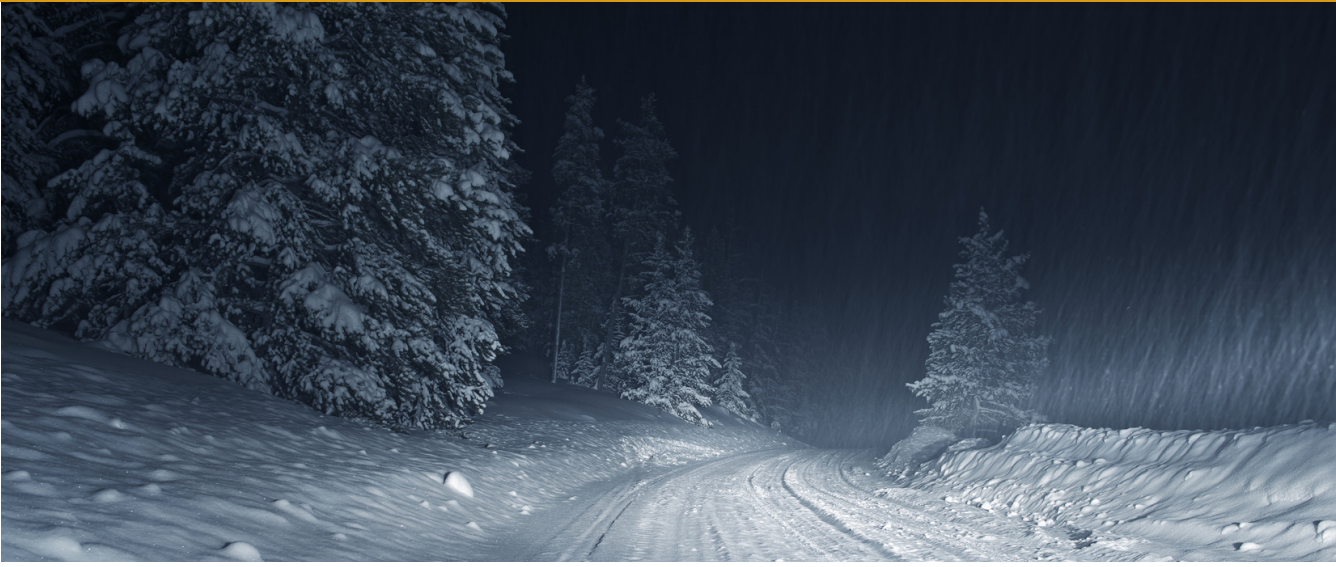
- Acute stress happens within a few minutes to a few hours of an event. It lasts for a short period of time, usually less than a few weeks, and is very intense. Acute stress can happen after an upsetting or unexpected event. For example, this could be a sudden bereavement, assault, or natural disaster.
- Chronic stress lasts for a long period of time or keeps coming back. You might experience this if you are under a lot of pressure a lot of the time. You might also feel chronic stress if your day-to-day life is difficult; for example, if you are a caregiver, or if you live in poverty.

While some stress can be good for the body as it can help to motivate you to get things done or push through a performance, too much stress can lead to anxiety within the body which can take a toll on your mental health. Managing your stress levels can help to avoid headaches, insomnia and even weight gain.

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Winter Storms & Stress



The recent winter storms that have impacted the area can majorly affect stress and anxiety levels. Weather stress and anxiety can impact your life heavily. There are many ways that you can work to reduce your stress levels when it comes to inclement weather. Feelings of Post-Traumatic Stress Disorder (PTSD) are common when it comes to major storms, feeling isolated, lost, and unsure of what's to come. Here are some ways to combat stress around storms:

Be Prepared

Being prepared for any natural disaster can provide comfort when a storm comes. Having an emergency plan for evacuation and shelf-stable and nonperishable food can bring peace of mind. READY.Mono.ca.gov is our local portal for all emergency responses, and Ready.gov has resources for starting to gather emergency materials and creating a plan. Mono County has steps to prepare your Emergency Backpack with items to help last you a few days in case of a major disaster.

Limit Media Exposure

While it may seem that you should stay on top of the news in case anything significant happens, limiting the time you spend looking at it is important. This is especially true if you are around children. Too much media exposure can elevate stress levels. Stay informed to be aware, but keep yourself from getting consumed.

Support Others

Chances are you are not alone in your feelings of stress regarding storms. Make sure to reach out to friends, family, and neighbors to ensure they are doing well. Reaching out to others can help with feelings of isolation and provide a support system. Checking in on children is essential as they may need extra support following a major storm or natural disaster.

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Winter Storms & Stress

Maintain Schedule

When it comes to storms, it is easy to get thrown out of routine. However, maintaining a regular schedule can allow a sense of routine when in a stressful situation. Finding a distraction or a way to bring joy into your schedule can help you deal with the major stress of storms.

Sleep Hygiene

keeping a schedule for when you go to bed and when you wake up; keeping it the same (within 30 minutes) for each day is ideal. Have a relaxing routine prior to your scheduled bedtime: a warm bath or shower, quiet time, etc. Avoid any beverages that have caffeine and/or alcohol at least three hours prior to bed time. And, this is a hard one, stop all usage of screens (yes, this includes phones, computers and television) a minimum of one hour prior to bedtime. This gives your brain the ability to create and release it's own natural melatonin and aids in not just getting to sleep, but helping you to get the type of sleep (REM and Deep) that you need to manage stress.

Reach Out/Ask for Help

If you need help during stressful weather, the Disaster Distress Helpline is a 24/7 resource for those dealing with emotional distress related to natural and human-made disasters. The helpline can help to provide healthy coping skills, help to identify the effects of stress related to disasters on individuals and families, and provide referrals to local help.



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Wellness Centers & Programming

Mono County Behavioral Health invites all community members to visit our wellness centers in Walker or Mammoth Lakes. These centers host a variety of free activities each week, including yoga, support groups, arts and crafts, and youth programs. Additional free programming is available in Bridgeport and Benton.



BRIDGEPORT WELLNESS



BULLET JOURNALING GROUP GRUPO DE DIARIO DE BALA


<p>Clarify your thoughts Organize and focus You will celebrate your happy moments more!</p> <p>Quiet the mind Learn more about yourself Uplift your mind and body Gain perspective Improve your memory Harness your creativity</p>	<p>Clara tus pensamientos Organiza y enfoca ¡Celebrarás más tus momentos felices! Calmar la mente mi. Aprende más sobre ti Levanta tu mente y tu cuerpo gramo. Gana perspectiva Mejora tu memoria ¡Aprovecha tu creatividad!</p>
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BRIDGEPORT VISITOR'S CENTER
123 EMIGRANT STREET
WEDNESDAYS- MIERCOLES
6-7pm
3,8- 3,29




SPONSORED BY PROP 63 & MCBH

Mens Mediation




- **Where:** The Walker Wellness Center
- **When:** **Thursdays**
- **Time:** 2:30-3:30
- **Bring:** a friend

What we will be doing:
Learning how to relax body and mind



Supporting You On Your Path
Apoyando En Tu Camino

**Any question
Please call Betty @
775 781-1567**




YOGA CLASS

Relaxing- Trauma Release.
For Adults.
New to Yoga ? Give it a try. Every level is welcome

Thursdays @4:00	The Walker Wellness Center. Bring a mat and a towel
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Any ? Please call Betty @ 775 781-1675



Supporting You On Your Path
Apoyando En Tu Camino



Parent Project

Wednesdays at 5:00 @ The Walker Wellness Center
A Parent's Guide to Raising Tough Kids.


The Parent Project offers concrete, step-by-step solutions for parents raising children in today's complex society. A built-in support group offers parents both emotional and practical support as they make necessary changes at home

A light dinner will be provided.

Parent Project is a comprehensive award winning model for community based programs serving families with strong willed children.

Please call Betty at (775) 781-1675 for more information.



Supporting You On Your Path
Apoyando En Tu Camino

www.mono.ca.gov/wellness

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Resources



If you feel you or someone in your household may harm themselves or someone else:

- **988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline)
 - 988 for English or Spanish, or Lifeline Chat. TTY users can use their preferred relay service or dial 711 then 988.
- **National Domestic Violence Hotline**
 - Call 1-800-799-7233 and TTY 1-800-787-3224

If you are feeling overwhelmed with emotions like sadness, depression, or anxiety:

- **Disaster Distress Helpline**
 - CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

LiveHealth Online - Available to Anyone, Regardless of Insurance (or lack thereof)

Doctors 24/7 at no cost to you — sign up today!

LiveHealth Online offers anyone the ability to visit with a doctor, therapist, psychologist, or psychiatrist through live video from a smartphone, tablet, or computer. Anyone in California who downloads the mobile app or visits livehealthonline.com and registers will be able to visit with a doctor at no charge by selecting the practice portal, **Natural Disaster Relief**. The no cost visit offer will be available throughout the CA State of Emergency.

Mono County Behavioral Health

Call (760) 924-1740

Crisis Intervention/ Emergency: 911

After-Hours/ Access Line: (800) 687-1101

