



# April is Stress Awareness Month

Stress is a normal part of human life. However, when stress is severe and/or lasts long, it's destructive to our health.

- Signs of unhealthy stress include feeling drained, detached and negative.
- Make room for meaning and satisfaction in your life—via your family, friends or creative hobbies.
- Share your struggle with a friend who can empathize; this helps calm the nervous system.
- Get regular exercise to boost your mind/body resilience.

Call your DON CEAP at 1-844-DON-CEAP (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.