

STRESSED OUT?

Everyone experiences stress from time to time. Any change, good or bad, big or small, can cause stress. It's a natural part of life. But constant stress can harm your health. This type of stress puts a strain on your body and may contribute to some serious health problems, such as heart disease, high blood pressure, diabetes, and even depression or anxiety. The first step to better managing your stress is recognizing your personal signs and symptoms.

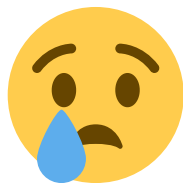
Ask yourself the following questions to identify when you're stressed out:

How do you feel physically when you are stressed?

How do you feel mentally when you are stressed?

What do you do differently when you get stressed?

Discover what stress symptoms are holding you back and how stress affects your body [HERE](#). Try using this [Mental Health Tracker](#) to track your daily emotions.



Once you've become more aware of how you react to stress, you can start taking steps to prevent it. Check out these resources for State of Tennessee employees and their dependents:

- [Here4TN Stress Topic Center](#) - stress articles, courses, trackers, worksheets and more!
- Visit your [MyActiveHealth](#) account to access digital coaching and their health library for more support on stress.
- [Here4TN Confidential Counseling](#) – available to you at no cost. Get five EAP counseling sessions, per problem, per year.
- [Sanvello](#) – an on-demand mobile app to help with stress, anxiety and depression.
- Take a mental break and color a [Got Stress?](#) or [Mindfulness](#) coloring page.

