



APRIL IS STRESS Awareness Month

April is Stress Awareness Month, a time to focus on proactive stress management for better mental health and overall well-being. Stress awareness involves recognizing the triggers, signs, and symptoms of stress in yourself and others. This awareness is crucial for maintaining good mental health and overall well-being.

Know the signs of stress

Stress is a natural response to demands or challenges, but chronic stress can have detrimental effects on well-being. It can trigger physical symptoms such as headaches, fatigue, and insomnia, as well as mental effects like anxiety and difficulty concentrating. When left unchecked, stress can lead to burnout and other serious health issues. It's essential to be aware of stress levels and recognize signs early so you can take steps to manage them.

How to Prevent or Reduce Stress

- Plan ahead
- Break tasks into steps
- Limit stress triggers
- Stay active
- Physical activity
- Eat well & stay hydrated
- Get enough sleep
- Take time to relax
- Do things you enjoy
- Talk it out
- Ask for help if needed

If stress becomes overwhelming, reach out to a healthcare provider or mental health professional.

Looking for a
mental health
provider?



Scan QR Code to access your

APRIL IS ALCOHOL AWARENESS MONTH. TAKE THE TIME TO REVIEW YOUR DRINKING HABITS TO SEE IF YOU MAY NEED TO CUT BACK TO PREVENT SERIOUS HEALTH ISSUES.

Drinking too much alcohol significantly increases the risk of chronic diseases like liver disease, cancer, heart disease, and high blood pressure. It causes damage to the brain, immune system, and pancreas, while increasing risks of mental health issues, dementia, and accidents. Binge drinking leads to immediate dangers such as injuries, alcohol poisoning, and death.

HEALTH RISKS OF TOO MUCH ALCOHOL

LONG-TERM EFFECTS

- Liver disease
- High blood pressure
- Heart disease, stroke
- Digestive problems
- Weakened immune system
- Memory problems
- Mental health problems
- Unemployment

SHORT-TERM EFFECTS

- Injuries
- Violence
- Alcohol poisoning
- Risky sexual behaviors
- Miscarriage and stillbirth



Member Assistance Program (MAP)



YOUR WORKPLACE WELLNESS & MAP PARTNER
Counselors are available, 24 hours a day, 7 days a week.

H&H Health Associates are here to help with counseling, resources, guidance and support.

1.800.832.8302

Call the Welfare Fund office at 314.835.2700 for more information.

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