

study rest teach work learn think live play train

# be well.

*Of all the things we have to do, all our tasks and responsibilities, we must be well. We care about your well-being, and UWA Counseling Services can help if you are experiencing struggles that affect your ability to function and enjoy your daily life.*

APRIL IS NATIONAL STRESS AWARENESS MONTH

## What's your stress telling you?

We all experience stress from time to time. Routine stress results from the pressures of our daily responsibilities, while other stress is brought about by a sudden negative change in life or a traumatic experience. Whether acute (short term) or chronic (long term), stress has to be managed so to avoid many physical and mental side effects.

- **FOLLOW YOUR GUT** Stress can signal the body to get away from a dangerous situation, or it can help prepare your body for what's ahead. Racing heart, heavy breathing, and tense muscles can be signs that you need to flee, or those can give you the motivation you need to push through a nervous situation. Every person is different.
- **BE PRACTICAL** "Relax, exercise, have fun, talk to friends, see a counselor..." There is no shortage of stress relief tips out there, but each person has to find what works for their own situation. What *relieves* stress for one person may *trigger* stress for another. It doesn't have to cost money or create new stress, but it needs to give you a sense of peace and wellness.
- **LIMIT YOUR TRIGGERS** Daily situations may be out of your control, but you can *limit factors that limit you* when stress comes. While treating yourself to some of your favorite things may bring you instant gratification, too much caffeine, alcohol, and junk food, along with several nights of staying out or up too late can weaken your body's response to stress. Try to recognize what has negative effects on you.

### UWA Counseling Services

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### Campus Emergency

☎ 205-652-5555

LEARN MORE



**ADAA**

Anxiety & Depression  
Association of America

WELLNESS TIP AND  
ENCOURAGEMENT  
PROVIDED BY

UWA Counseling Services

SOURCES

Rutgers University Wellness

**Ask for help.**



ALABAMA | P | A | R | TOGETHER

1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the Alabama Apart Information Line at 1-888-442-1793 to be connected with appropriate staff and programs in West Alabama to provide vital resources and services.