POCKET PAL

STRESS

MANAGEMENT

WHAT IS

Recognize the signs of stress:

- Physical irritability
- Headache
- Muscle tension
- Fatigue
- Difficulty concentrating
- Irritability
- Agitation
- Changes in eating or sleeping habits
- Anxiety
- Mood swings

Stress can be both positive and negative. While some stress is good for motivation, too much stress can lead to problems:

- Fatigue
- Headache
- Muscle tension
- Difficulty concentrating
- Irritability
- Agitation
- Changes in eating or sleeping habits
- Anxiety
- Mood swings

For more information on stress management, mental health tips and resources visit StarkMHAR.org

Mental Health & Addiction Recovery

STARK COUNTY
OVERHEAD REACH

WASTE GINES

SHOULDERorama

BODY BACK STRETCH

FACE LIFT

SIX ANTI-STRESS STRETCHES

20 WAYS TO MANAGE STRESS

2. Relax your face and jaw. Open and close your eyes.
3. Shake your shoulders. Stretch your arms up.
4. Clasp your hands behind your head.
5. Stretch your neck and head. Raise your arms.
7. Turn your head to the left.
8. Turn your head to the right.
9. Wiggle your fingers.
10. Wiggle your toes.
11. Clap your hands together.
12. Clasp your hands behind your back.
13. Stretch your arms up.
15. Stretch your neck and head. Raise your arms.
16. Stretch your neck and head. Lower your arms.
17. Stretch your neck and head. Raise your arms.
18. Stretch your neck and head. Lower your arms.
20. Stretch your neck and head. Lower your arms.