



Manage Stress

Healthy Living Message



What's Important to Know?

If you are having difficulty coping with the demands in your life, you are experiencing stress. Everyone has stress. While some challenge is healthy, too much stress creates problems.

If you are overly stressed for too long, it can put your health at risk. Too much stress may be experienced as:

- Difficulty concentrating
- Feeling worried and fearful
- Feeling "wound up"
- Irritability towards others
- Feeling tired

If you or someone you know is in emotional crisis, you can call the **Veterans Crisis Line**. Dial **988**, then **press 1**. You can also text 838255 or chat online at:

<https://www.veteranscrisisline.net/get-help-now/chat/>



Want to Know More?

You will find a variety of stress management strategies to help you better problem solve, relax, be more physically active, and plan rewarding activities in the Manage Stress Workbook and the resources below.

Your VA health care team can also help you manage stress. They can provide information or classes and stress-management tools such as the PTSD Coach and Mindfulness Coach, mobile apps that are available at:

<https://mobile.va.gov/appstore>

You can find additional information and resources at VA's Prevention website using the QR code above or the link below:

https://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp