

What to Know About Stress



CONTRA COSTA
HEALTH

The Weight of Stress

Stress can harm your physical and emotional health. That's why it's important to know the signs that stress is affecting you—and how to cope.

What is Stress?

When you face a problem or threat, your body releases stress hormones. They make your heart beat faster and increase your blood sugar and blood pressure to help you react quickly in an emergency.

Everyone experiences stress at times. But long-term stress can lead to health problems. Long-term stress might be caused by:

- **Daily pressures**, such as bills, your job and other day-to-day challenges.
- **Major life events**, like getting divorced or losing a job.
- **Trauma**, such as experiencing a war, earthquake or severe injury.

Spot the Symptoms

You may feel emotional symptoms of stress, such as: Irritability, Depression, difficulty focusing. You might have physical problems as well, such as an upset stomach or tense muscles. Over time, stress can lead to health problems like high blood pressure or a weakened immune system. It can make it hard to stay at a healthy weight. And it can cause headaches and problems with sleep.

When to seek help

If stress is affecting you, let your primary care provider know. To make an appointment with a primary care provider, call **800-495-8885** or visit our website at **cchealth.org**.

If you are in crisis, go to the nearest emergency room or call 988 to reach the 988 Suicide & Crisis Lifeline.

How to Cope

You can take steps to reduce your stress. Try these simple strategies.

- **Adjust your schedule.** Plan time for yourself.
- **Choose healthy foods.** Eating well can help you stay healthy.
- **Get plenty of ZZZs.** Sleep helps your body heal.
- **Give caffeine a break.** Too much can make you feel jittery or anxious.
- **Make a move.** Exercise can ease tension.
- **Plan ahead.** Decide how you will handle a stressful family gathering, for example.
- **Relax your muscles and your mind.** Try simple stretches or mindful breathing.
- **Talk to your inner circle.** Ask your family and friends for support.

Mental Health Resources

We want your feedback.
Take our quick survey!



Ask For Help If You Need It

Want to better handle stress any time of the year? We're here to help. Visit our website at cchealth.org or call Contra Costa Health Plan's Member Services at **1-877-661-6230** (TTY 711).

Contra Costa Health Mental Health Services

Get care now for mental health and substance use. Anyone can call for themselves or someone they care about.

Contra Costa Health ACCESS Line (24-hours):
Call **1-888-678-7277**

Get behavioral health crisis support or a referral for behavioral health services.

Contra Costa County
A3 Crisis Response (24-hours):
Call **1-844-844-5544**

Contra Costa Crisis Center (24-hours):
Call **211** or **988**
Text 'HOPE' to **20121**

Free and confidential.

Health Education



Get access to health tips, self-management tools, and more information on mental health by visiting healthed.cchealth.org or scanning the QR code.

Helpful Mental Health Resources

National Alliance on Mental Illness (NAMI)

Website: nami.org

NAMI Contra Costa County

Website: namicontracosta.org

Mental Health Connections, Concord

Website: mentalhealthconnectionsca.org

Mental Health for All, California

Website: mentalhealth.ca.gov

National Suicide & Crisis Lifeline

Website: 988lifeline.org

