

# MHET in a Minute



## Stress

- Stress is a natural physical and mental reaction to life experiences.
- For immediate, short-term situations, stress can be beneficial to your health. This response was designed to protect your body in an emergency by preparing you to react quickly.
- However, chronic stress can cause a variety of symptoms and affect your overall well-being:
  - ◊ Chronic stress can wear you down emotionally and lead to depression
  - ◊ Trigger and intensify tension headaches.
  - ◊ Harder to fall asleep and stay asleep which can lead to insomnia
- Stress can contribute to worsening symptoms of a mental illness:
  - ◊ Schizophrenia: encourages hallucinations and delusions
  - ◊ Bipolar Disorder: Trigger episodes of both mania and depression
- Coping strategies to reduce stress:
  - Recognize what your triggers are and avoid them when it's reasonable to, and to cope when you can't.
  - If you're overwhelmed by stress, ask for help from a health professional.
  - Manage a day-to-day schedule to ensure you don't feel overwhelmed by everyday tasks and deadlines.
  - Avoid alcohol, drugs, and maintain regular exercise.



### NAMI Connection Recovery Support Group

- ◊ Free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition or for family members who have a loved one experiencing a mental health condition
- ◊ Participants gain insight by learning from each other's experiences, sharing coping strategies, and offering each other encouragement, understanding and resources
- ◊ Group is led by people with mental health conditions
- ◊ Click [here](#) to find a NAMI Connection Support Group nearest to you

### Eating Disorders Awareness Week (Feb 22-28, 2021)



**There is a commonly held misconception that eating disorders are a lifestyle choice. Eating disorders are actually serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions.**  
To learn more about Eating Disorders, visit [NIMH](#)

Source: [NAMI](#), [Healthline](#), [National Institute of Mental Health](#)

## A Minute Read



["What to Do When Your Friends and Family Are Unsupportive of Your Depression"](#)

[Family Service Agency of Burbank \(FSA\) 818-845-7671](#), 2721 W. Burbank Blvd., Burbank: Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.

[Healing Crossroads 818-388-0102](#), 1827 W Verdugo Ave, Burbank: Provides Individual and Group Therapy, treatment services for a variety of issues: Addictions, Anger Management, Anxiety, Depression, PTSD, Stress Management, Grief & Loss

