



Stress and Anxiety

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn ways to manage your stress and anxiety.

Stress is how your brain and body respond to any challenge. You might feel stressed when faced with a problem at work or before taking a test.

Stress does not affect all people the same way. Some people have stomach pain, while others have headaches, trouble sleeping, sadness, or anger.

Anxiety is a feeling of fear, unease, and worry. It can help you be more alert or careful. It usually goes away after the situation that caused it ends.



CARING FOR YOURSELF

What relieves stress and anxiety is not the same for everyone. Making certain lifestyle changes can be the best start.

- Start with eating a healthy diet as well as getting enough sleep and exercise. Just 30 minutes per day of walking can help boost your mood.
- Set goals for yourself. Break up large tasks into smaller ones. Decide what must get done first. Do what you can.
- Limit caffeine and alcohol. Avoid smoking and street drugs.
- Finding healthy, fun ways to cope with stress helps most people. You can learn and practice ways to help you relax. Try yoga, deep breathing and stretching, tai chi, or meditation.



- Take breaks when you can at work or school. Schedule some time to relax every day. Spend time with people you enjoy.
- Try to make things with your hands, play an instrument, or listen to music.
- Think about what might be giving you stress. Keep a journal of what is going on when you have these feelings.
- Find someone you trust who will listen to you. Often just talking to a friend or loved one is all that you need to feel better. Support groups and hotlines can also help.
- If you take medicines, ask your health care provider if they can cause anxiety.



WHEN TO SEEK HELP

You should seek help right away if you feel you cannot cope or are using unhealthy ways to cope like drugs or alcohol.

If you have thoughts of suicide or if you are concerned about a friend or loved one, please call the **National Suicide Prevention Lifeline** toll-free at **1.800.273.8255**.

For a person with a stress or anxiety disorder, the worry or fear does not go away and can get worse over time. Reasons to seek help are:

- You are having memories of a traumatic event.
- You are unable to work or function at home or at your job.
- You have fears that you cannot control.
- You have feelings of panic, such as dizziness, rapid breathing, or a racing heartbeat.

If you or someone you know is struggling with life situations or thoughts and feelings, you can talk to a crisis counselor from the **Crisis Support Services of Alameda County** toll-free at **1.800.309.2131**.



TREATMENT

You can talk to your doctor or a behavioral health care provider about choosing the treatment that is best for you. Treatments include talk therapy (also called psychotherapy), medicines, support groups, and techniques to manage stress.

To find a behavioral health care provider, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

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