



APRIL 2025

Coming in APRIL:
4/10: MHRs Board
meeting

4/11: Coshocton BH
Roundtable

4/21-23: CCRT TRAINING

4/24: 18th Annual Suicide
Awareness Banquet

DEAR STRESS, LET'S BREAK UP!



Stress. We all know it. We've all felt it. Sometimes it sneaks up on you—like when you can't find your keys (that are in your hand) or when someone says, "We need to talk." Other times, stress makes a grand entrance with flashing lights and sirens.

April gives us the perfect reason to have the talk—because it's both National Stress Awareness Month and National Counseling Awareness Month.

So let's say it together: "Dear Stress, it's not me, it's **you**."

Here's the thing—stress isn't all bad. It's what helps you dodge a rogue soccer ball or meet a deadline. But chronic stress? That's like a never-ending loop of elevator music—annoying and draining.

So, how do we manage this drama queen? Start small. Breathe like you just smelled fresh-baked cookies. Move your body—even if it's just dancing around your kitchen (no judgment). Call a friend who doesn't mind hearing your "Is it just me?" rants. And say "no" when you need to. (Yes, even to that bake sale.)

Feeling like you need backup? Counseling isn't just for when life's falling apart. It's like having a coach in your corner—someone who helps you navigate the mess and celebrate the wins (like remembering where you put your coffee).

The takeaway: Stress is inevitable, but suffering in silence isn't. Take a step, however small, toward feeling better. You deserve it. Plus, life's too short for stress to be your plus-one.

Take care of you—you're kind of a big deal.

