



APRIL 2025

STRESS: THE UNINVITED GUEST WHO NEVER LEAVES

Coming in APRIL:
4/10: MHRB Board
meeting

4/11: Coshocton BH
Roundtable

4/21-23: CCRT TRAINING

4/24: 18th Annual Suicide
Awareness Banquet



Let's be honest—stress is like that houseguest who shows up uninvited, stays way too long, and eats all your snacks. And just when you think you've gotten rid of it—bam!—it's back. But here's the good news: you don't have to let stress crash on your couch indefinitely.

April is National Stress Awareness Month AND National Counseling Awareness Month (yes, they put them together on purpose). It's the perfect reminder that while stress is a part of life, we don't have to let it run the show.

Feeling like you're being chased by a bear when all you did was open your inbox? That's your body's fight-flight-freeze-fawn response. Great for escaping wild animals...less great when you're just trying to pay your bills.

The first step? Recognize the signs: headaches, irritability, or maybe binge-watching every season of your favorite show because "just one more episode" sounds like self-care.

(Spoiler: sometimes it is, sometimes it's stress avoidance.)

So, what can you do? Take a breath—no, really—try some slow, deep breathing. Call a friend who won't judge you for your snack choices. Or, if you need a pro in your corner, counseling is like a GPS for your stress journey. It helps you figure out where you are and how to get back to a calmer place.

Bottom line: Stress happens. Life is messy. But you've got tools—and people—ready to help. You don't have to go it alone. Be kind to yourself. And maybe keep a snack stash your stress guest won't find.

