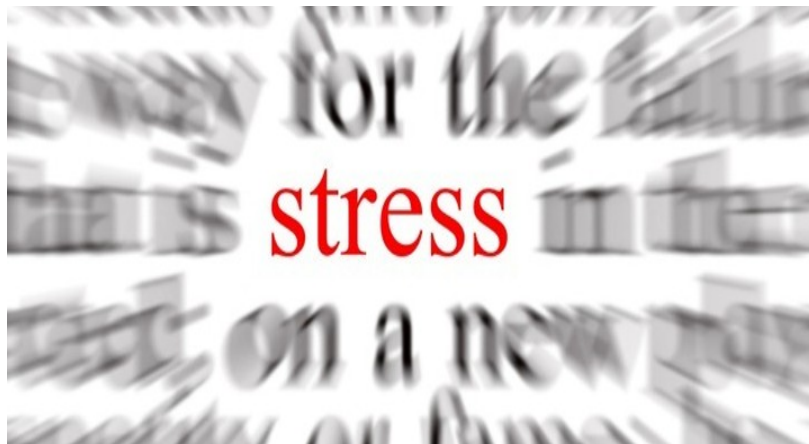




A RESOURCE PACKET FOR STRESS AND MENTAL HEALTH



What you can do to manage
your stress

Activities

Exercise



Exercising releases endorphins which are the “feel good” hormones that help to “blunt pain perception (Sapolsky, 2004).” Just 20 minutes of exercise a day can allow you to reap the benefits (Rosch, 2005). Some examples include:

- **Yoga:** breathing, meditation, body exercises
- **Running:** jogging, sprinting, long distance
- **Tai Chi:** slow body movements that allow you to focus on breathing

(American Institute of Stress, 2019)

Getting a Massage



Getting a massage can help to reduce stress and lessen pain. Massages help to activate the parasympathetic nervous system which brings the individual into a relaxed and calm state. By activating the parasympathetic nervous system, the body can return to the state before the stress occurred (Moraska, Pollini, Boulanger, Brooks, & Teitlebaum, 2010). Massages can be done by a professional, friend, or family member.

Meditation



Meditation is a great practice because it gives people time to themselves along with time to relax and think. It permits the individual to be “less focused on future stressful events and more aware of current experiences that generated joy, peace, gratitude and self-acceptance” (Cahn, & Polich, 2006; Joseffson, Larsman, Broberg, & Lundh, 2011). Meditating is allowing yourself quiet time to relax and reflect on all aspects of your life.

Websites you can go to:

National Institute of Mental Health



Web link: <https://www.nimh.nih.gov/index.shtml>

This website is a great resource for numerous mental health diseases and disorders along with coping mechanisms and different outreach programs. It offers full descriptions, signs, risk factors, and treatments about every major mental health disorder. The website also offers many different options of ways to get help.

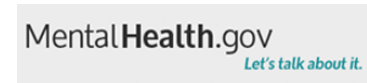
The American Institute of Stress



Web link: <https://www.stress.org/>

This website offers stress research, facts, statistics, videos, and magazines focused on stress and stress management. This website can give individuals more of an interesting and interactive learning experience. This is an overall great resource for anything and everything stress-related.

MentalHealth.gov



Web link: <https://www.mentalhealth.gov/>

This website gives users a list of featured topics such as eating disorders and help for young people. Additionally, it gives the basics of mental health, information on what to look for in yourself or a friend, how to talk about mental health, and ways to get help.

Local Mental Health Agencies:

**Cummins Behavioral
Health Systems, Inc.**



Cummins is an organization that provides behavior health services such as individual therapy, group therapy, family therapy, psychiatric services, and substance use treatment. Their goal is that all of their client's will experience "the hope of recovery." There are locations in Avon, Crawfordsville, Greencastle, Indianapolis, and Lebanon.

Website link: <https://cumminsbhs.org/>

Phone number: 888-714-1927

Address closest to Terre Haute: 308 Medic Way
Greencastle, IN 46135

**FSA Counseling
Center**



FSA is a place that anyone can go to receive quality mental health treatment and counseling. It serves individuals in the Wabash Valley and the counties that surround it. They make sure to get clients with a clinician within the first two weeks of the initial appointment. It is very important to FSA to not make their patients wait or worry in regards to their health.

Website link: <https://www.fsacounseling.org/>

Phone Number: [812-232-4349](tel:812-232-4349)

Address: 1111 Wabash Ave
Terre Haute, IN 47807

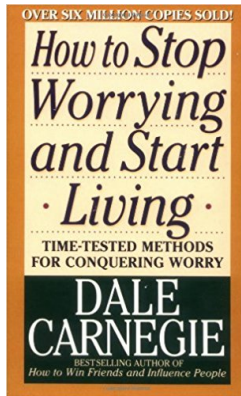


**IT GETS
BETTER**



Mental health/stress books:

***How to Stop Worrying and
Start Living by Dale
Carnegie***



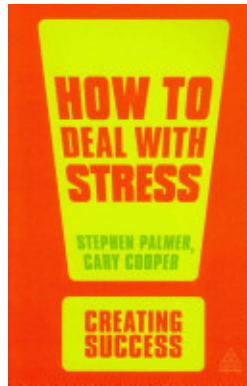
This book will help the reader to end the habit of worrying. Additionally, it teaches the reader how to reduce business worries by 50%, decrease financial concerns, prevent fatigue, and learn how to fully be yourself.

Book located on: <http://www.simonandschuster.com/books/How-to-Stop-Worrying-and-Start-Living/Dale-Carnegie/9780671035976>

Publisher: Pocket Books;
Revised edition (September 15, 1990)

ISBN: 0671733354

***How to Deal with Stress by
Stephen Palmer and Cary
Cooper***



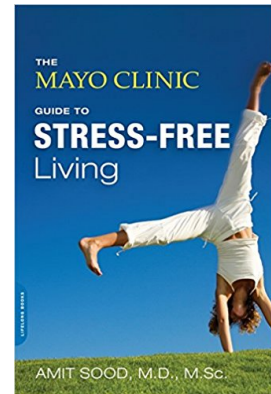
This book explains the psychological aspects of stress and how it can affect your body in physical ways. This book will also give you ways to create your own plan in regards to your stress management, enhance your well-being, and better your performance at your job.

Book located on: https://books.google.com/books/about/How_to_Deal_with_Stress.html?id=y4iPMQEACAAJ&source=kp_book_description

Publisher: Kogan Page
Limited, 2013

ISBN: 0749467061,
9780749467067

***The Mayo Clinic Guide to
Stress-Free Living by
Amit Sood***



This book gives the reader different approaches in order to help them to live a more harmonious life. The author will teach you how to create a continuous attention, the discipline of gratitude, live a purposeful life, develop meaningful relationships, and realize all of your capabilities.

Book located on: <https://www.amazon.com/Mayo-Clinic-Guide-Stress-Free-Living/dp/0738217123>

Publisher: Da Capo Lifelong
Books; 1 edition (December 24, 2013)

ISBN: 0738217123

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