Spill a glass of water and see how you react
It might sound silly, but how we react to small inconveniences is a great way to gauge our own stress level. If you shrug your shoulders and say "oh well," as you wipe up the water, you may have little stress. If you throw your hands up in the air exclaiming how poor the rest of your day must go because of this small mess, you are probably experiencing stress or feeling slightly overwhelmed. Does your jaw and fist feel relaxed or clenched? Are your shoulders down or held tight up towards your ears? Stress can be both emotional and physical.

Ways to reduce stress:

- Reflect and recognize when you need help
- Exercise regularly
- Seek assistance for tasks you can delegate
- Eat healthy meals and stay hydrated
- Try to create downtime in your weekly schedule
- Take breaks
  - Go for a walk
  - Call and talk to a friend
  - Play with your kids, grandkids, or pets
- Try to go to bed earlier or improve the quality of sleep by removing distractions
  - No screen time 30 minutes before bed
  - Listen to soothing sounds
  - Read printed materials such as magazines

If you are stressed, those around you may be also. Seek help for all:
Child-Help USA 1-800-422-4453 Youth Mental Healthline 1-888-568-1112 National Suicide Prevention Lifeline 1-800-273-TALK