

What is Stress

- Stress is the body's response to a challenge or demand.
- Includes physical components
 - Elevated heart rate and blood pressure
 - Thoughts and personal beliefs
 - Emotions including fear and anger.
- If left unmanaged, stress can affect every area of our lives.

Benefits of Destressing

- Reducing stress hormones
- Improve sleep
- Reduced anxiety
- Lower blood pressure
- Improve focus and mood
- Improve digestion and overall health and wellbeing



02.

Practice Self Care

- Take time for yourself
- Get enough sleep
- Exercise and eat healthy
- Drink enough water

03.

Find An Outlet

- Journal about your feelings
- Talk to Someone
- Get outdoors
- Create your personal happy space

01.

Identify Your Triggers

- Work, family, money, health, relationships
- Reduce triggers by freeing up time, saying no, and setting boundaries.



Most importantly remember, you are not alone!

04.

Get Grounded

- Focus on the here and now
- Be realistic and shift perspective
- Sell yourself to yourself
- Practice gratitude

05.

Practice Techniques

- Breathing Exercises
- Body Scan
- Progressive muscle relaxation
- Meditation - Mindfulness, Guided, Imagery, and more.

[Relaxation Exercises to Help Fall Asleep \(sleepfoundation.org\)](https://www.sleepfoundation.org/sleep-disorders/treatments-relief-strategies/relaxation-exercises-help-fall-asleep)
[How To Relieve Stress for Bedtime \(sleepfoundation.org\)](https://www.sleepfoundation.org/sleep-disorders/treatments-relief-strategies/how-relieve-stress-for-bedtime)

MINDFULNESS EXERCISES

DEEP BREATHING

Inhale deeply for four counts, hold for four counts, and exhale for four counts. Repeat several times to calm the nervous system.

BODY SCAN MEDITATION

Close your eyes and mentally scan your body from head to toe, noticing any areas of tension and consciously releasing it.

PROGRESSIVE MUSCLE RELAXATION

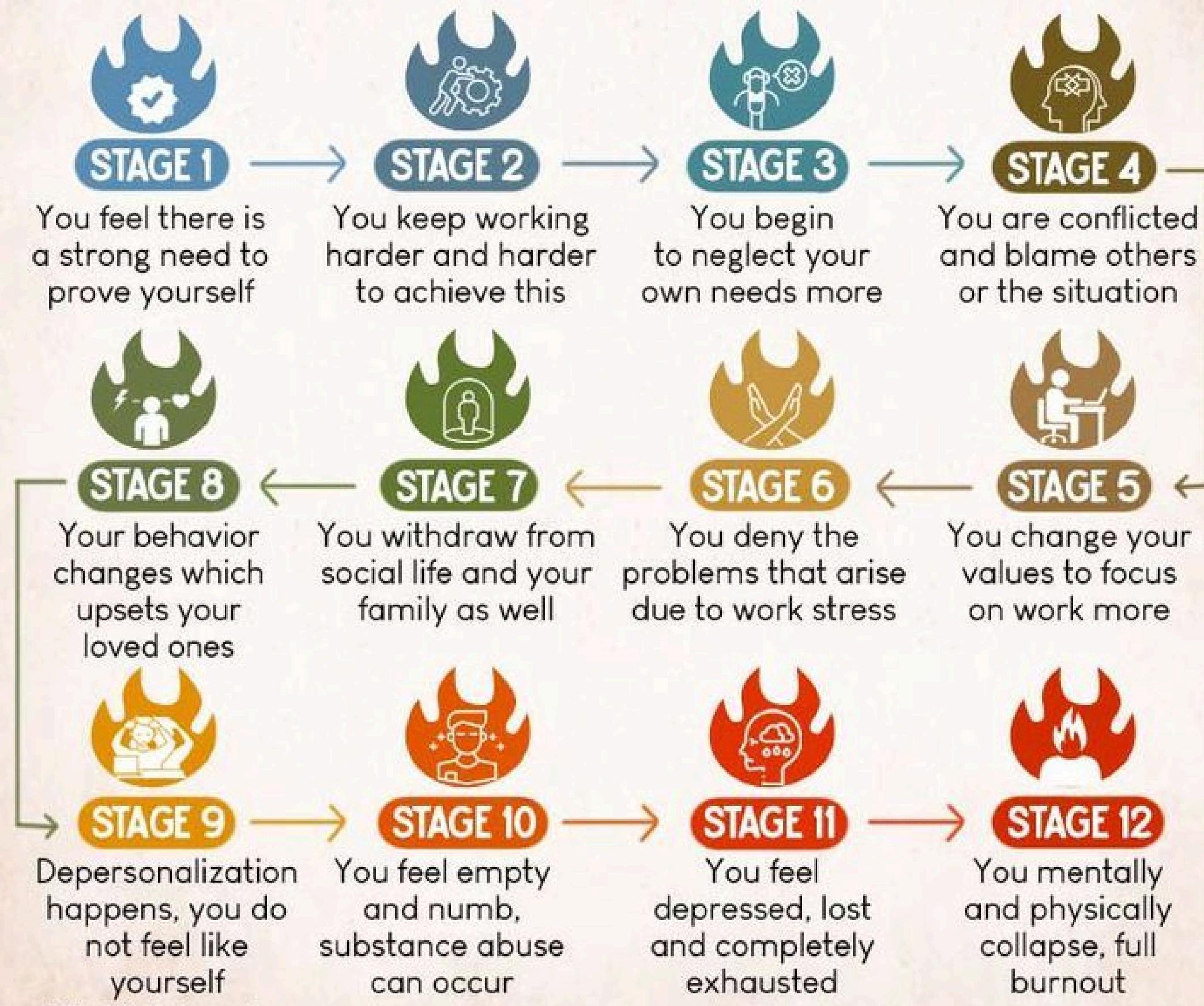
Tense and then relax each muscle group, starting from toes and working up to the head. This relieves physical tension.

5-4-3-2-1 GROUNDING TECHNIQUE

Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

The 12 Stages Of Burnout

Spotting the signs of burnout early allows us to stop, acknowledge our experience, and put self-care and de-stressing techniques into practice.



Resources



HERITAGE
ECM
ENHANCED CARE MANAGEMENT

Our ECM program offers FREE services to support your health, well-being, and daily needs.

WHAT WE PROVIDE

- One-on-one support from a dedicated care manager
- Help connecting to doctors, specialists, and community resources
- Assistance with housing, transportation, and social services
- Support with mental health and wellness needs
- Personalized care plans designed around you

WE ACCEPT

Anthem blue California Health Net L.A. Care

CONTACT US!

→ 

Heritage ECM can help you navigate your insurance and providers on a one-on-one basis to find the support you need.

Phone: 909-921-5089
Email: ecm@heritagehomes.org

Behavioral Health Services



*Empowering Students
through Case Management
and Mental Health Support*

Mt. SAC has a multi-disciplinary, and multiethnic team of licensed professionals that offer short-term mental health counseling. The team prides itself in providing you a confidential space that is diverse, non-judgmental, student-centered, and invested in your overall health to assist you with reaching milestones in your academic career at Mt. SAC.

Services:

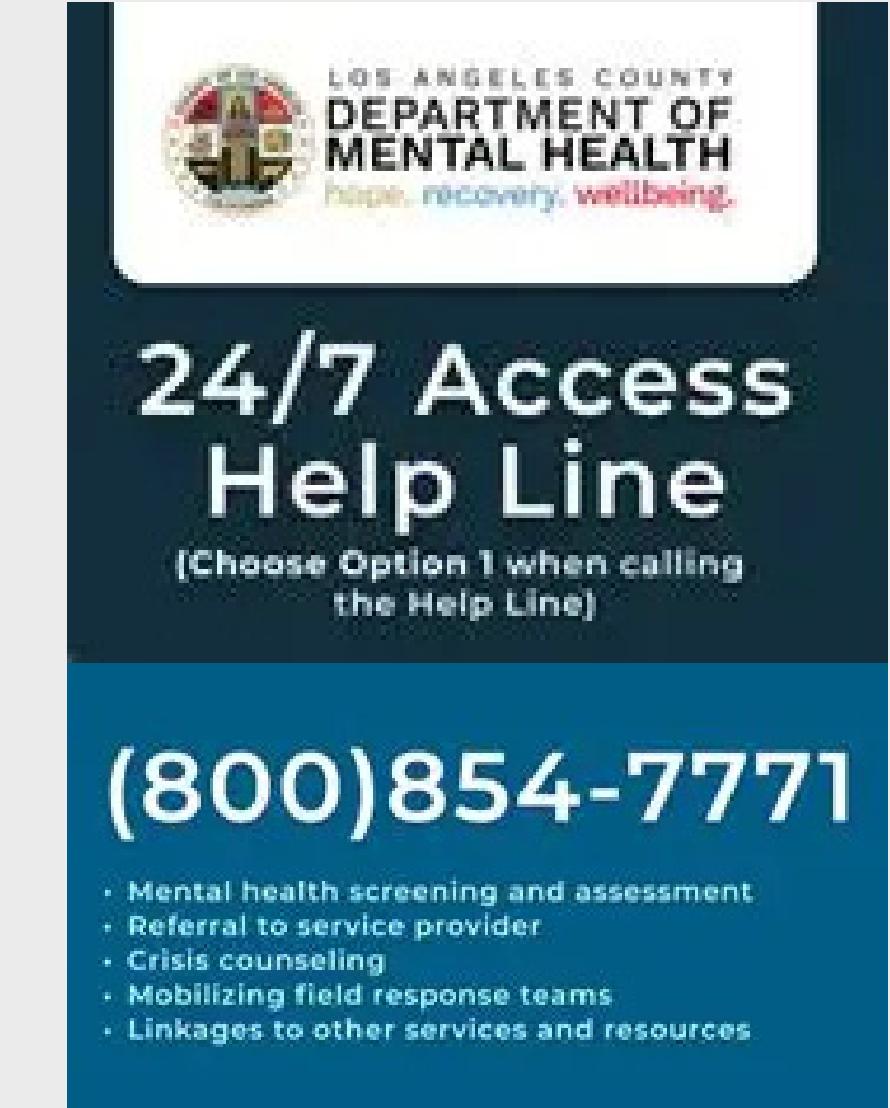
- **Brief Counseling:** Short-term mental health counseling sessions.
- **Confidential Support:** A safe and private space to discuss personal issues.
- **Crisis Intervention:** Immediate support during a mental health crisis.
- **Case Management Support:** Personalized support, resource connection and goal setting.

All information is confidential and available only to the patient, with few exceptions as mandated by law. Learn more about your [Protected Health Information](#).

Be sure to check out the rest of this page for some online resources, including a wide range of helpful and engaging mental health videos and podcasts.

Mt. SAC Behavioral Health Services can meet with you for counseling sessions and to connect you with off-campus support

Phone: 909-274-4984
Email: behavioralhealth@mtsac.edu
Website: mtsac.edu/behavioralhealth/



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

24/7 Access Help Line
(Choose Option 1 when calling the Help Line)

(800)854-7771

- Mental health screening and assessment
- Referral to service provider
- Crisis counseling
- Mobilizing field response teams
- Linkages to other services and resources

LA County Department of Mental Health can connect you with a wide variety of resources, and also has a 24/7 help line.

Hotline: 800-854-7771
Website: dmh.lacounty.gov/get-help-now/