

WOMEN AND STRESS

Chronic Stress and Women's Health

Adapting to stress is important because chronic, unmanaged stress can lead to mental health problems such as depression and anxiety. These problems impact 1 in 5 women each year.



Stress can also lead to unhealthy habits:



Overeating



Physical inactivity



Smoking

Healthy Ways to Cope with Stress:

Speak to your doctor about stress in your life and how it may impact your health.



Make time to unwind. Try to do some other activities you enjoy.



Connect with your community or faith-based organizations. Reach out online, through social media, by phone, or by mail.



Take breaks from watching, reading, or listening to news stories.

