



April is Stress Awareness Month, which aims to raise awareness about the impact of stress on our lives and promote strategies to help manage and reduce stress. Stress is a common experience that affects everyone at some point in their lives. While some stress can be positive, such as the rush of excitement before a big event, chronic stress can have serious consequences for our mental and physical health.

Stress can affect us in many ways, including anxiety, depression, headaches, high blood pressure, and digestive problems. It can also weaken our immune system, making us more susceptible to illnesses. With the ongoing COVID-19 pandemic, many people have experienced increased stress due to the uncertainty and changes in their daily lives.



Book of the Month Recommendation

Stop Overthinking

by Nick Trenton

Stop Overthinking is a book that understands where you've been through, the exhausting situation you've put yourself into, and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the vicious thought patterns.

The good news is that there are many strategies we can use to manage stress and promote our well-being. Here are some tips for dealing with stress:

1. Identify the source of your stress

It's important to recognize what's causing your stress so you can address it. Is it work-related, relationship issues, financial concerns, or health problems? Once you know the source, you can develop a plan to deal with it.

2. Practice relaxation techniques

Activities like deep breathing, meditation, yoga, and tai chi can help you relax and reduce stress. Find a technique that works for you and make it a regular part of your routine.

3. Exercise regularly

Exercise is a great way to reduce stress and improve your overall health. Aim for at least 30 minutes of physical activity most days of the week.

4. Get enough sleep

Lack of sleep can make stress worse, so aim for 7-8 hours of sleep each night. Create a relaxing bedtime routine and avoid electronic devices before bed.

5. Connect with others

Social support is important for managing stress. Reach out to friends and family, or join a support group or community organization.

6. Manage your time

Poor time management can lead to stress and anxiety. Make a schedule and prioritize your tasks, and don't be afraid to say no to things that are not important.

7. Practice self-care

Take time for yourself to do things that you enjoy, such as reading, listening to music, or taking a relaxing bath. Engage in hobbies and activities that bring you joy and help you unwind.

In conclusion, stress is a common experience, but it doesn't have to take over our lives. By identifying the source of our stress and implementing strategies to manage it, we can reduce its impact on our mental and physical health. Take the time this Stress Awareness Month to prioritize your well-being and practice stress management techniques that work for you.

For more information or advice, contact eni online at:

www.eniweb.com

Celebrate National Volunteer Week April 16th-22nd

Volunteer Your Time

Find a local organization or charity that aligns with your interests and sign up to help. Whether it's working at a food bank, helping with a community clean-up, or volunteering at a local animal shelter, your time and effort can make a big difference.

Donate to a Cause

If you can't volunteer your time, consider donating to a cause you care about. Many organizations rely on donations to fund their programs and services, and every little bit helps.

Thank a Volunteer

Take the time to thank a volunteer in your life. Whether it's a friend, family member, or someone you've worked with at a volunteer organization, let them know that their efforts are appreciated.

Attend a Volunteer Event

Many organizations hold special events during National Volunteer Week. Attend an event in your community and learn more about the work being done to make a difference.