



Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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April is... Stress Awareness Month

Stress is something we encounter frequently. There are two types of stress: eustress and distress. Eustress can be in the form of getting a promotion at work, winning an athletic competition, or engaging in something challenging. Distress can be in the form of getting fired from work, having a divorce, or the loss of a loved one.

Eustress V.S. Distress

Eustress is...	Distress is....
Positive Stress	Negative Stress
Improves Performance	Decreases Performance
Short Term	Causes anxiety
Motivational	Emotional Depletion
Feels Invigorating	Feels generally unpleasant
Focuses Energy	Displaces Energy



5 Ways to Handle Stress:

1. Go for a short walk.
2. Take slow, deep breaths.
3. Get regular exercise.
4. Do some stretching.
5. Take time each day to do something you enjoy.

“It is how people respond to stress that determines whether they will profit from misfortune or be miserable.” – *Mihaly Csikszentmihalyi*

Did you know...?

Learn more about mental illness

Do you have a family member or someone important to you that is struggling with mental illness?
 Do you need to know more?

Who: The Mental Health and Recovery Board of Portage County and NAMI Portage County

What: Free 12-week class sponsoring the Family-to-Family Education Program

When: Starting March 27
 Tuesdays from 6:30pm to 9pm

Where: Mental Health and Recovery Board Office
 155 E. Main St.
 Kent, OH

Developed for the National Alliance on Mental Illness (NAMI), Family-to-Family offers a comprehensive course on the types of mental illnesses, treatments, up-to-date information on medications, how to advocate for your family member or friend and how to improve relationships. The course is taught by individuals who have a family member with mental illness. They have been trained through the state organization, NAMI Ohio. To register, call 330-673-1756, ext. 201, or email laurab@mental-health-recovery.org.



Questions or Comments?

Contact Us!

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