



When you experience stress, you may notice it not only impacts your mental health but your physical health as well. According to **Mayo Clinic**, “the body releases a surge of hormones when under stress. These hormones cause the heart to beat faster and the blood vessels to narrow. These actions increase blood pressure for a time.”

There isn't data that shows that stress impacts blood pressure directly long-term, but the behaviors we engage in when we are stressed can impact our blood pressure for ex: drinking too much caffeine or not moving our bodies regularly.

According to **VeryWell Mind**, “stress tends to manifest differently in men and women for a variety of reasons including differences in biological factors, immunity, sex hormones, and fight-or-flight responses.” For ex: men's stress response system in their body has a greater response to a stressor than women which can lead to more feelings of aggression and concerns with cardiovascular disease and decreased immune functioning.

Learning how to cope with stress is important for **everyone**, because we all experience day-to-day stressors. How it impacts us as individuals can also vary due to our personalities and our life experiences at home as well as at work.

Sources: <https://www.verywellmind.com/recognizing-stress-for-men-2329008>
<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/stress-and-high-blood-pressure/art-20044190#:~:text=There's%20no%20proof%20that%20stress,too%20much%20alcohol%20or%20caffeine.>

YOUR PARAGRAPH TEXT

Resources for Coping with Stress

Lincoln Financial Group Employee Assistance Program

- Call 866-326-7194
- Web: www.guidanceresources.com
 - Username: LFGSupport & Password: LFGSupport1
 - App: “GuidanceNow”
- Up to 5 face-to-face sessions per year at no additional cost

Mindfulness & Meditation Apps

- Calm
- Headspace
- Insight Timer



Helpful Webpages

- www.nami.org/Home
- www.bethere.org/Home
- www.makeitok.org
- www.mhanational.org



Wristbands & Ribbons

To show your support for men's health awareness, rep a ribbon or a wrist band. Be on the lookout for information on where to pick one up at your location!



FEATURED ACTIVITY

For this month's activity, view the any or all of the video s listed in the response form.

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Watch any or all of the videos listed and fill out the Teams form to be eligible for the incentive.

Activity Link



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