

CT Behavioral Health Homes



**April is
Stress
Awareness month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 National Kids Yoga Day	6
7 World Health Day	8	9	10 1pm-2pm BHH Webex	11 World Parkinson's Disease Day	12 12:30pm- 1:20pm SO Working Grp 1:30pm-3:00pm IS	13
14	15	16 National Stress Awareness Day	17	18	19	20
21	22 Earth Day	23	24 Administrative Professional's Day	25	26	27
28 Pay It Forward Day	29	30				

75% of Americans reported experiencing at least one symptom of stress in the past month.
John Hopkins Medicine

Resources

Community Resources

- [Stress Support Groups in Connecticut](#)
- [Stress Relief and Relaxation](#)
- [Stress Relief: A Positive Lifestyle](#)
- [Identifying Causes of Stress](#)
- [Stress Therapists in Connecticut](#)

Online Resources

- [What is Stress](#)
- [Stress Management](#)
- [Stress and Your Health](#)
- [Stress in the U.S.](#)
- [Stress and Heart Disease](#)
- [Managing Stress and Mental Health](#)

Toolkits and Handouts

- [Stress Tests](#)
- [Progressive Muscle Relaxation](#)
- [Compassion Meditation](#)
- [Guided Meditation link](#)
- [Stress Management Group Activity](#)
- [Chair Yoga](#)

BHH Services

Comprehensive Care Management— Assess clients for stress management needs. Adjust the clients treatment plan to include stress management needs.

Care Coordination— Help the client research and schedule appointments with services that will help manage their stress in healthy and productive way.

Health Promotion— Educate clients about the signs and risk of stress. Discuss available support options and encourage clients to seek help if they would like to lessen stress related health concerns.

Comprehensive Transitional Care— Work with client and hospital staff to ensure client's stress related concerns are addressed before discharge.

Patient and Family Support— Invite family supports to attend events or activities that will help the client with stress management skills.

Referral to Community Support Services— Find support groups or events that will encourage clients to add stress management skills to their lifestyle.

