

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.

MolinaHealthcare.com



Coping with Stress

Behavioral Health



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What is stress?

Stress is a response to any demand. You can feel stress from:

- The demands of everyday life
- A sudden change
- A traumatic event

How does stress affect your health?

Stress may cause stomachaches and headaches. You may have trouble sleeping.

Stress over a long period of time can lead to major health problems. You can get high blood pressure, diabetes or heart disease.

How can you manage your stress?

- Do something you enjoy
- Take a walk
- Watch a movie
- Play with your children
- Listen to music
- Spend time with friends
- Read a book
- Exercise
- Write in a journal
- Soak in the bath

How can you prevent stress?

Avoid the stress. Remove the things that cause your stress.

Alter the stress. Change how you do things.

Accept the stress. Learn ways to gain strength to cope with the demands in your life.

Stress affects your mental health.

It can cause a change in your mood. You may feel depressed, angry or irritable. Long-term stress can lead to a depression or anxiety disorder.

If you need help to manage your stress, talk to your primary care provider. You can get the help you need.

