







## June is Men's Health Month

### STRESS Can Affect Your Health

<b>Health Link Alberta and Saskatchewan</b>	(toll free & 24 hours)	<b>811</b>
<b>Alberta Mental Health Help Line</b>	(toll free & 24 hours)	1-877-303-2642
<b>Alberta Addiction Help Line</b>	(toll free & 24 hours)	1-866-332-2322
<b>In case of a crisis or an emergency</b>		<b>911</b>
<b>Online Resources</b>		<a href="#">Text4Hope</a> A daily text message to provide support.
<a href="#">Help in Tough Times</a>		<a href="#">Text4Hope</a> <b>Supporting Mental Health &amp; Wellness</b> Text <b>COVID19HOPE</b> to <b>393939</b> to subscribe
<a href="#">Lloydminster Mental Health Navigation Tool</a>		<a href="#">Text4Hope</a> <b>Addiction Support</b> Text <b>Open2Change</b> to <b>393939</b> to subscribe
<a href="#">Lloyd Supports: A Community Directory</a>		
<a href="#">Alberta Father Involvement Initiative</a>		
<a href="#">Man Therapy</a>		<a href="#">Stress and your health</a>
<a href="#">Heads Up Guys</a>		<a href="#">Crisis Services Canada</a>
<b>Helpful Apps for Stress, Anxiety and Personal Wellness</b>		
 <p><b>Sanvello for Stress &amp; Anxiety</b>            Depression, Anxiety &amp; Stress            Sanvello Health Inc.  <small>#55 in Medical</small>  <small>★★★★★ 4.8, 8.2K Ratings</small>            Free - Offers In-App Purchases</p>	 <p><b>MindShift CBT - Anxiety Canada</b> <small>4+</small>            Proven Mental Health Relief            Anxiety Canada Association  <small>#103 in Health &amp; Fitness</small>  <small>★★★★★ 4.3, 238 Ratings</small>            Free</p>	 <p><b>Happyfy: for Stress &amp; Worry</b>            Activities, Games &amp; Meditation            Happyfy, Inc.  <small>★★★★★ 4.5, 5.8K Ratings</small>            Free - Offers In-App Purchases</p>
 <p><b>Calm</b> <small>4+</small>            Meditation and Sleep Stories            Calm.com  <small>#2 in Health &amp; Fitness</small>  <small>★★★★★ 4.8, 873.6K Ratings</small>            Free - Offers In-App Purchases</p>	 <p><b>Headspace: Meditation &amp; Sleep</b> <small>4+</small>            Stress less &amp; relaxing sounds            Headspace Inc.  <small>#11 in Health &amp; Fitness</small>  <small>★★★★★ 4.9, 564K Ratings</small>            Free - Offers In-App Purchases</p>	 <p><b>MoodTools - Depression Aid</b> <small>13</small>            Depression Help            Eddie Liu  <small>★★★★★ 4.5, 30 Ratings</small>            Free - Offers In-App Purchases</p>

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## How do you manage your STRESS?



### Signs of stress & depression

- Getting angry, irritated, restless, or frustrated easily
- Frequently feel tired or have low energy
- I have lost interest in people, activities, and things I used to enjoy
- I have sleep problems (like falling asleep, too much or too little sleep)
- I frequently feel sad, or just can't bring myself to care about things
- I have trouble concentrating or remembering things
- I drink too much or abuse drugs or prescription medication
- I think I've lost my sense of humour
- I have frequent headaches, chronic pain or stomach trouble that doesn't seem to go away and doesn't respond to ordinary treatment

### Tips for self-care & positive mental health

- ✓ **Eat well** – Proper nutrition fuels the brain and body.
- ✓ **Get enough sleep** – Adults need 7 to 9 hours of sleep per night. It can give you more energy and help you concentrate.
- ✓ **Be active** – Exercise for 30 minutes, 5 days a week can improve your physical and mental health.
- ✓ **Decrease or stop using alcohol or drugs** – These substances can make stress and depression worse.
- ✓ **Structure & routine** – Have regular wake up and bed times. Plan activities such as going for a walk or going to the gym, etc.
- ✓ **Laugh & have fun** – Laughing releases chemicals that make you feel good. Increased blood flow relaxes the muscles.
- ✓ **Talk to someone** – A close friend, a family member or a co-worker about what is happening.
- ✓ **Seek professional help** – Doctor, Counsellor, or Mental Health Professional
- ✓ **Remember** – There is help out there. You are not alone. **#SignOfStrength**

**Find Resources & Information at:**  
**YLLMYHOME.COM**