

# LACDMH Mental Wellness Series

## Managing Your Stress

### What is Stress?

It's the harmful effects of unpleasant/demanding events on your physical wellbeing, emotional wellbeing, and your thinking.

### What Does It Mean to Manage Your Stress?

It involves using strategies to cope with and minimize the harmful effects of stressful or stressful events on your wellbeing.

### What Are the Physical Signs of Stress?

- Low energy
- Aches, pains and tense muscles
- Upset stomach
- Frequent colds and infections
- Restlessness
- Chest pain/rapid heartbeat
- Shortness of breath
- Insomnia

### What Are the Effects of Stress on Thinking?

- Difficulty concentrating
- Easily confused
- Negative thinking
- Excessive worry

### The Stress Response Profile:

A stressful event happens → negative thoughts  
→ negative feelings → negative physical reaction  
→ unhealthy behavior

### What Are the Emotional Signs of Stress?

- Anxiety
- Panic attacks
- Anger
- Irritability
- Fear
- Depressed mood
- Sadness
- Frustration



## Events That Can Lead to Stress?

- Death or illness of loved one
- Health concerns
- Financial stressors
- Changes in housing
- Getting married or divorced
- Empty nest
- Any other changes

## Unhealthy Ways of Coping With Stress:

- Avoiding
- Alcohol and other substances
- Eating too much
- Smoking
- Spending too much money
- Judging yourself
- Taking it out on others

## Healthy Ways of Managing Your Stress?

- Practice positive outlook
- Practice positive self-talk
- Go outside/get involved
- Find a hobby
- Meditation
- Exercise
- Reading
- Let your mind rest



## Helpful Contacts

### Los Angeles County Department of Mental Health (LACDMH)

**Help Line – (800) 854-7771** (Press “2” for Emotional Support Line),  
9 a.m. to 9 p.m., 7 days a week, available in multiple languages.

**Additional resources available at:** <http://dmh.lacounty.gov/resources>

**LACDMH GENESIS – (213) 351-7284.** GENESIS provides field-capable mental health services to adults age 60 and over.

**Los Angeles County Information Line – 211** Available 24/7 in multiple languages.

**Adult Protective Services (APS) Elder Abuse Hotline: 1-877-477-3646**

**L.A. Warmline – (855) 952-9276**

10 p.m. to 6 a.m., 7 days a week, available in English and Spanish

**For scheduling, please contact:**

Lisa Nunn

[lnunn@dmh.lacounty.gov](mailto:lnunn@dmh.lacounty.gov)

(213) 351-7238

Reyna Leyva

[rleyva@dmh.lacounty.gov](mailto:rleyva@dmh.lacounty.gov)

(213) 637-0799



WELLNESS • RECOVERY • RESILIENCE