

Panhandle

Public Health District

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Panhandle Public Health District Encourages Residents to Take Steps Toward Better Well-Being During Stress Awareness Month

April is Stress Awareness Month, a time to recognize how stress affects our health and to encourage practical steps that help people feel more balanced and resilient.

Stress is a normal part of life, but when it becomes ongoing it can affect both physical and mental health. Chronic stress can contribute to sleep problems, high blood pressure, weight gain, and increased risk for conditions such as heart disease and type 2 diabetes.

Panhandle Worksite Wellness Council, proudly part of Panhandle Public Health District encourage people to pay attention to how stress shows up in their daily lives and to take small steps to manage it.

“Many people think stress is just something they have to push through,” said Cheri Farris, Wellbeing Program Coordinator, “but learning simple strategies to manage stress can improve sleep, energy, mood, and overall health.”

We may experience additional stress related to work demands, caregiving, financial concerns, or limited access to services. Even small changes in daily routines can help reduce stress and support long-term health.

Simple Ways to Reduce Stress

Health experts recommend several practical steps that can make a difference:

- Pause and take slow, deep breaths when feeling overwhelmed
- Notice and name what you are feeling before reacting
- Take a short walk or spend time outdoors
- Talk with a friend, family member, or trusted support person
- Practice mindfulness or relaxation techniques
- Focus on one small healthy habit at a time

Learning to recognize and regulate emotions can help people respond thoughtfully rather than reacting impulsively when stress builds. This can lead to better decision-making, healthier relationships, and improved overall well-being.



Panhandle Public Health District offers a variety of evidence-based programs that help residents build healthy habits, increase physical activity, and strengthen social connections. These programs provide supportive group environments where participants learn skills to improve their health and well-being.

Managing stress isn't about eliminating challenges. It's about developing skills that help people respond to life's ups and downs in healthier ways.

During Stress Awareness Month, residents are encouraged to check in with themselves and others. Taking time to care for your mental and physical health is an important part of overall well-being. To learn more about many topics related to managing stress, please visit <https://pphd.crediblemind.com/>

For more information about local health programs and resources, contact Nicole Berosek, Wellness and Prevention Program Manager, at nberosek@pphd.ne.gov, or 308-279-3496.

For additional information about worksite wellness, visit www.pphd.ne.gov/pwwc.html or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Did you see the latest PWWC newsletter? If not, check it out here: <https://pphd.ne.gov/pwwc.html>

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.