

WELL BALANCED

- APRIL 2025 -

National Stress Awareness Month and National Humor Month

Laughing
YOUR WAY TOWARD
LESS Stress



Stress is a normal experience that can be both positive and negative. Managing it is key to improving physical and mental well-being!

The American Institute of Stress identifies four types of stress:

- **Eustress**—Stress that is motivating and has positive outcomes, such as earning a degree, receiving a promotion, or getting married.
- **Distress**—Stress that is discouraging and has negative implications, like financial challenges, project setbacks at work, or conflicts with family members.
- **Acute Stress**—Short-term, intense stress that triggers the fight-or-flight response. It can occur in situations like giving a speech, taking an exam, or experiencing a car accident.
- **Chronic Stress**—Long-term stress that is often ignored. This can stem from ongoing job pressures, family issues, or financial struggles. If left unmanaged, chronic stress can negatively affect physical health.

Laughing daily can provide immediate and longer-term stress relieving benefits, such as:

- Relaxation
- Increased Endorphins (the body's natural feel-good chemicals)
- Heart Health Protection
- Improved Mental Well-Being.

Although stress is normal, it is important to know when to seek professional help. If you find that you are struggling to cope, or the symptoms of stress will not go away, it may be time to consider additional support. Refer to resources like employee assistance programs (EAPs) or other benefits that might be available to you.

If you or someone you know is struggling or in a crisis, call or text 988 or visit [988lifeline.org](https://www.988lifeline.org).

For information on how laughing can help reduce your stress and improve your well-being, and for tips on how to bring more laughter into your life, refer to the **April Well Balanced newsletter** from the **Wellness Alliance!**



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