

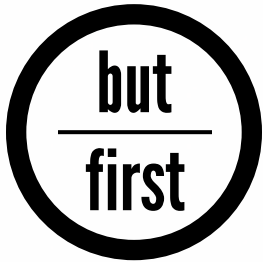


# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

April 2018

## Stress Awareness Month

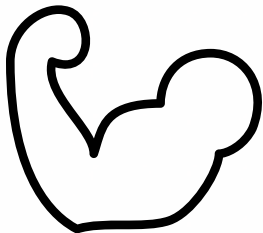


Understand that stress is a normal reaction to the demands of life. Any change in your life can cause stress, even good changes.



### MANAGE YOUR STRESS

- Eat and drink healthy
- Exercise regularly
- Get plenty of sleep

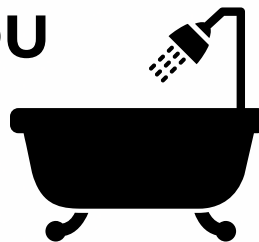


### INCREASE YOUR RESILIENCE

- Acknowledge your strengths
- Focus on the present – find beauty in your everyday life
- Find the positive in all situations

### TAKE TIME FOR YOU

- Get a massage
- Engage in a relaxing hobby
- Practice relaxation techniques



#### Catawba Community Mental Health Center

The Catawba Community Mental Health Center is one of 17 community mental health centers operated by the Department of Mental Health. Catawba provides mental health services to people of all ages in Chester, Lancaster and York Counties. Services include counseling, psychiatric assessment, crisis intervention, medication management, and other specialized services to improve mental health and support recovery. Catawba CMHC is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). For more information: <http://www.state.sc.us/dmh/cmhc.htm#cat>

#### UMRHN Community Members

Catawba Community Mental Health Center \* Chester County Representative \* Chester County School District \* Chester Healthcare Foundation \* Chester Regional Medical Center \* Eau Claire Cooperative Health Center \* Fairfield County School District \* Fairfield Memorial Hospital \* Good Samaritan Medical Clinic \* J. Marion Sims Foundation \* John A. Martin Primary Health Care \* Mid-Carolina AHEC \* Midlands Technical College \* North Central Family Medical Center \* SC Department of Health and Environmental Control \* SC Office of Rural Health \* Springs Memorial Hospital \* York Technical College

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