

MAKING IT THROUGH

Mental Wellness | Updates | Events

Social Content

Visit our social platforms to discover more shows exploring the nature of mental health. It's crucial for us to spotlight and acknowledge these shows because representation is vital. Mental health has transitioned from a taboo topic to a national crisis. We extend heartfelt appreciation to our community leaders, mental health advocates, doctors, and creatives for producing such impactful content that resonates with audiences worldwide. The Making It Through team sincerely thanks you for your dedication to raising awareness and dismantling the stigma surrounding mental health. Explore our content; you may discover something that deeply resonates with you.

Connect with us on social media!

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Resources

Visit stress awareness month: <https://hr.nih.gov/working-nih/civil/national-stress-awareness-month>

Take this screener to know your level of stress : <https://mhanational.org/get-involved/stress-screener>

Health is Wealth: Stress and Its impact on Mental and Physical Well-being!

Did you know that excessive stress can have a great impact on your health? It can lead to various conditions, including high blood pressure, heart disease, stroke, anxiety, depression and the list continues. According to the National Institutes of Health, stress is the physical and emotional reaction that individuals experience when faced with life's challenges. It is a universal response that varies in intensity for each person.

Think back to a time when you found yourself in a stressful situation. Do you recall how it affected your body? Your mind may have been filled with worry and racing thoughts but maybe you felt it in your stomach, head and muscles. Stress shows up differently for everyone, but it can significantly impact both our physical and mental well-being.

Stress triggers the body's fight, flight, or freeze response, which originated as a survival mechanism during our hunter-gatherer days. As [healthline.com](https://www.healthline.com) explains, this response is activated by psychological fears and brings about physical changes, such as an accelerated heart rate and a reduced perception of pain. It enables us to instinctively protect ourselves from perceived threats, leading to instinctive reactions of fighting, running, or freezing.

Stress causes an increase in cortisol levels in the brain. Cortisol is the primary stress hormone and is produced in the adrenal glands, however regulated by the pituitary gland in the brain. When we are on high alert, cortisol can disrupt or even shut down certain bodily functions, depending on the severity of the stress. It can have detrimental effects on our digestive and immune system, and of course mental health.

The 2020 APA survey shows that teens (ages 13-17) and young adults (ages 18-23) are facing unprecedented uncertainty, experiencing elevated stress and are already reporting symptoms of depression. There are many reasons



Strategies for managing stress

Prioritize Sleep: Making sleep a priority is essential for managing stress. Aim for a consistent sleep schedule and create a relaxing bedtime routine to enhance the quality of your sleep.

Practice Mindfulness: Engaging in mindfulness practices, such as meditation or deep breathing exercises, can help you stay present and cultivate a sense of calm amidst the chaos. It allows you to observe your thoughts and emotions without judgment.

Maintain a Balanced Diet: Nourishing your body with a balanced diet can have a positive impact on your overall well-being. Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals to support your physical and mental health.

Find Time for Play and Laughter: Taking breaks for play and laughter can be incredibly rejuvenating.

Engage in Physical Activity: Regular exercise is a powerful stress reliever. Find an activity that you enjoy, whether it's going for a walk, practicing yoga, or playing a sport.

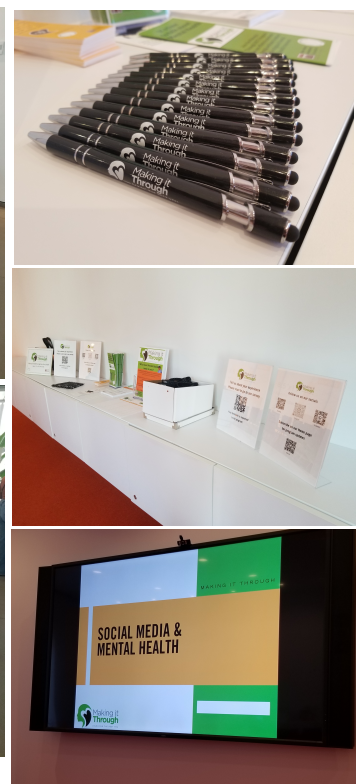
attributed to this, besides a global pandemic a few years ago, loneliness and uncertainty about the future are at the top of the list.

While stress is a natural response to life's challenges, excessive and prolonged stress can have serious impacts on our health. It is vital to recognize the signs of stress and find healthy ways to manage and alleviate it. By taking proactive steps to reduce stress, we can enhance our overall well-being and quality of life.

In honor of Stress Awareness Month, check out some interesting facts: Effects of Stress on the Body, Mood and Behavior

| BODY | MOOD | BEHAVIOR |
|------------------------|---------------------|--------------------------------------|
| Headache | Anxiety | Overeating or undereating |
| Muscle Tension or pain | Restlessness | Angry outburst |
| Fatigue | Memory problems | Tobacco Use |
| Change in sex drive | Feeling overwhelmed | Avoiding friends and staying at home |
| Stomach upset | Grumpiness or Anger | Exercising less often |
| Chest pain | Lack of motivation | Drug or alcohol misuse |

CB 9 Event held at The Forum at Columbia University



Top Left: Tabling area - left to right- Wendy P. Malliet, MIT Program Director and TOCTF Chairman, Sharon Cook, LCSW-R, MIT Mental Health Lead, Rosalyn Graves Wilson, TOCTF Board // Bottom Left: Tabling area - left to right - Sylvia Sandridge, TOCTF Board Member, Doreen Malliet, Volunteer, Rosalyn Graves Wilson, TOCTF Board Member, Tatiana Duker, MIT Social Media Consultant, and Wendy P. Malliet, MIT Program Director and TOCTF Chairman

Making it Through (MIT) program and giveaway materials and workshop presentation