



Since April is Stress Awareness Month, it's a good time to evaluate your current stress level. Stress is an unavoidable, normal response to a change — even a positive change can be stressful.

Stress can manifest physically, such as:

- Aches and pains
- Muscle tension
- Digestive or sleeping issues
- High blood pressure

Stress can also manifest mentally in anxiety, depression, and irritability. These stress responses need to be managed with good amounts and types of sleep, food, and exercise. Saying “no” to extra responsibilities and “yes” to relaxing, healthy activities can also counter stress.

If you or a loved one are struggling with stress, we're here to help. [Care Solace](#), a complimentary and confidential care coordination service provided by Walnut Creek School District, can quickly find a mental health care or substance use treatment provider for you.

- Call 888-515-0595. Multilingual support is available 24/7/365.
- Visit caresolace.com/wcsd and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

As a district, we are committed to the well-being of our students, staff, and families. Please let us know if there is anything we can do to help you manage or cope with your stress.