

Take Power. Make Change.

Tips for Dealing with Stress & Preventing Future Stress

- Identify what's causing the stress
- Find someone to talk to
- Take breaks from media
- Take care of your body
- Make time to unwind
- Take it one day at a time
- Give yourself grace

Go from feeling
powerless

to

POWERFUL



Learn More



visit

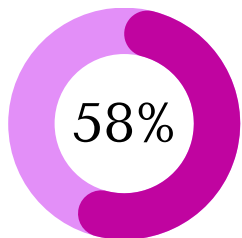
www.wempowermentor.org
for more information and
resources

Prioritizing Your Mental Well-Being

Strategies for Coping
with Stress in a Healthy
Way

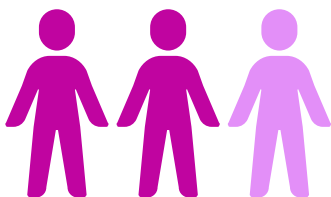


Stress is a state of worry or mental tension caused by a difficult situation (WHO).



58% of women in Kisumu, Kenya say they feel this tension every day

That's nearly 2 in 3 women in your community.



You are not alone.

How this may affect you

Being an LBQ woman makes you more likely to experience stress.

Adversity has historically made life harder for your community women in a number of ways.

These statistics do not have to be your reality.



Experiencing Stress

Everyone experiences stress in different ways.

You might feel physical or emotional signs of stress, but know that regardless of how your stress presents itself, there are ways to deal with it.

Harmful Coping Strategies

These might temporarily make you feel better, but they are making your mental health worse long-term

Drugs & Alcohol



Emotional Numbing

Self Isolation

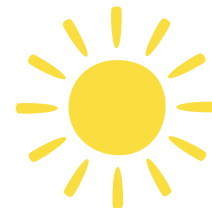


Healthy Coping Strategies

Try these tools instead!

Go Outside

Spending time outside can help clear your head and improve mood



Get Plenty of Sleep

Sleep is Important for helping your body recover after a long day



Talk to Trusted Friends

Opening up about how you feel can make a huge difference in levels of stress.



Practice Journaling or Meditation

Taking a few moments to be mindful allows your mind to reset



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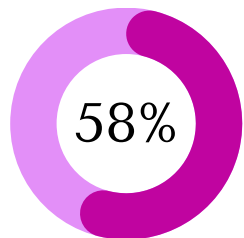
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HEALTH BEHAVIOR AND HEALTH EDUCATION
SCHOOL OF PUBLIC HEALTH
UNIVERSITY OF MICHIGAN

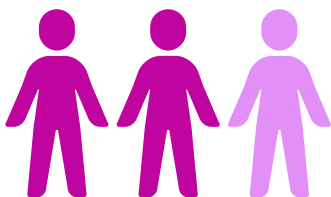
For LBQT+ Persons

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