



## **The Negative Impact of Stress & Anxiety: Combating Stigma and Getting Help**

Stress and health are closely connected. But what is stress? Stress is a response to a perceived threat or danger. Once upon a time, when humans were hunting and gathering, our stress response was triggered by an external danger. When that instinct was triggered, it was the body's signal to release hormones that gave us quick wits and fast response times. This fight or flight instinct was vital to our survival.

Fast forward to our modern world. Most of us no longer need to hunt and gather to survive. Other "threats" now trigger our stress response, including factors related to things like work, finances, and relationships. Stress can be temporary, or it can hang on long-term, affecting hormones, mood, illness, and all aspects of your health and wellness.

### **Date & Time**

Monday, May 10, 2021  
4pm – 5pm

### **Presenter**

Sandra Shaklan, LCSW, Cigna Behavioral Health

### **Assess your Stress**

[Mental Health America Stress Screening](#)

RSVP to [EAP.Staff@apsva.us](mailto:EAP.Staff@apsva.us)

### **Join WebEx Meeting**

Meeting Number | 173 639 7310  
Meeting password: pUPUK9md3d2

### **Join by phone**

(314) 888-1153 United States Toll  
(866) 205-5379 United States Toll Free

[Global call-in numbers](#) | [Toll-free calling restrictions](#)