

# APRIL IS STRESS AWARENESS MONTH

## 四月是壓力關注月

### Topics include:

- What is stress?
- Common Symptoms of Stress
- Causes of Stress in Everyday Life
- Positive and Effective Ways to Manage Stress

### 內容包括：

- 什麼是壓力
- 壓力的常見症狀
- 壓力的成因
- 正向且有效的紓解壓力方法

**April is Stress Awareness Month**, a time to pause, reflect, and focus on supporting our mental and emotional well-being. Stress is a normal part of life but understanding it and learning healthy ways to manage it can make a meaningful difference in our overall health and daily balance.

This month's thematic highlights are designed to increase awareness, encourage self-care, and empower you with practical tools to better navigate stress.

**四月是壓力關注月 (Stress Awareness Month)**，是一個停下腳步、關注心理與情緒健康的重要時刻。壓力是生活中常見的一部分，透過了解壓力並學習健康的應對方式，我們可以為整體健康與生活平衡帶來正面的改變。

本月主題將幫助您提升對壓力的認識，鼓勵自我照顧，並提供實用的方法來有效管理壓力。

Join us in learning how to recognize stress, build resilience, and develop healthy coping strategies because caring for your mental well-being is just as important as caring for your physical health. If you want to learn more about this topic, please attend the Stress Awareness Workshop at NEMS Health Education Department.

讓我們一起學習如何辨識壓力、建立心理韌性，並培養健康的生活習慣，因為照顧心理健康與身體健康同樣重要。如果您想了解更多關於這個題目，請參加東北醫療中心健康教育部的壓力關注月講座。

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	2574 San Bruno Clinic 三藩市波特羅區診所
Date 日期	4/2 - 4/30/2026 Every Tuesday & Thursday 逢週二及週四	4/6 - 4/27/2026 Every Monday 逢週一
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	2:00pm – 3:00pm 下午 2 時 至 3 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Ave. San Francisco, CA 94134
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

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如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



Contact Health Education 聯絡健康教育部：  
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