

## Address stress

7.1

chronic  
disease  
day

care. commit. connect.

Chronic diseases come with a range of visible and invisible symptoms that can impact your self-esteem. Individuals with chronic illness often must manage fatigue, pain, depression or frustration.

### SOURCES OF STRESS:

- Chronic Illness
- Unpredictability of the disease
- Uncertainty about the future
- Disability
- Financial difficulties
- Access to care
- Personal relationships

### STRESS SYMPTOMS:

- |  |  |
|--|--|
| <input type="checkbox"/> Low energy or fatigue | <input type="checkbox"/> Pain                        |
| <input type="checkbox"/> Headaches             | <input type="checkbox"/> Anxiety                     |
| <input type="checkbox"/> Irritability          | <input type="checkbox"/> Tension                     |
| <input type="checkbox"/> Sadness               | <input type="checkbox"/> Cognitive issues            |
| <input type="checkbox"/> Disturbed sleep       | <input type="checkbox"/> Difficulty in relationships |
| <input type="checkbox"/> Body aches            |  |

**Community Health Centers** — also known as Federally Qualified Health Centers, or FQHCs — provide care regardless of your insurance status or ability to pay. Use [FindAHealthCenter.hrsa.gov](https://www.findahealthcenter.hrsa.gov) to find comprehensive primary and preventive health care near you.

**SAMHSA** is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health or substance disorders: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP).

**Cancer Support Community** provides professional programs of emotional support, education and hope for people impacted by cancer at no charge so that no one faces cancer alone. The toll-free Cancer Support Helpline is open Open Mon–Fri 9am – 9pm ET at [1-888-793-9355](tel:1-888-793-9355)

Learn more at [ChronicDiseaseDay.org](https://www.ChronicDiseaseDay.org)