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Ventura County Events

Celebration of the Whales Festival

*April 7th 10am - 3pm
Channel Islands Harbor
Family Fun!*

Calabasas Earth Day Festival

*April 13th 2pm - 5pm
Las Virgenes Creek
Las Virgenes & Agoura Rd*

1st Annual Spring Arts, Crafts & Antique Festival

*April 20th 10am - 4pm
Stagecoach Inn Museum*

Ventura Earth Day Festival

*April 20th 10am - 4pm
Plaza Park in Ventura*

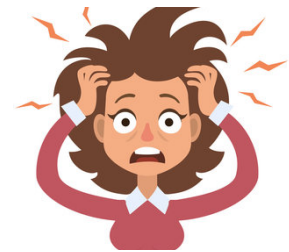
Ventura County Autism Society - Au2Run

*April 27th 7am - 11am
Cal State University
Channel Islands
Beginner to Advanced
Runners are Welcome!*

Stressed Out!

April is Stress Awareness Month!

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with stressful situations can go a long way in living a healthy, happy and positive life because stress can impact many aspects of your life and body.



Are you stressed?

We all experience stress, yet we may each experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a "physical, mental, or emotional strain or tension."

A 2017 study from the American Psychological Association found the most common sources of stress reported among Americans were family, money, work, politics and violence/crime. The American Institute of Stress estimates that on any given day at least 55% of Americans are experiencing some kind of stress.

Stress effects more than just your mind

Long term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure, and glucose levels. This is helpful in emergency situations, but having this "rush" for extended periods of time can be dangerous and make you susceptible to more serious health problems.

Additionally, stress can impact your ability to get a good night's sleep. Your sleep plays a key role in your health, both physical and mental, as well as your mood.

Welcome to Ventura Management!

Colin Pursley
Alexandra Pursley
Kenna Whitley
Ibraheem Aljarboua

Earth Day
April 22, 2024



Protect Our Planet
EarthDay.org

- Need to buy or sell your home? Ask how we can save you thousands!
- Know someone who needs help with property management. We can help!

Chris Marsh has been in the real estate business and serving the Ventura County area for over 25 years. He is well versed in all types of real estate matters



ChrisMarsh
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Like us on Facebook

Stressed Out! (Cont.)

Learn to overcome Issues you can't change

Sometimes the stress in our lives is not something we have any power to change – it is during these times that Federal Occupational Health recommends you change your approach to situations. Try to:

- Recognize when you don't have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set *realistic* goals to help you realize your vision.

Tips for coping with your stress

The CDC provides some basic ideas to help you cope with stress...

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed.
- Discuss your problems with a parent, friend, family member or another trusted source.
- Avoid drugs and alcohol.
- Recognize when you need more help – know when to talk to a psychologist, social worker, or counselor if things continue.

Relieve Your Stress



April Quote:

You never know how strong you are until, being strong is the only choice you have.

... Bob Marley

Member of the National Association of Residential Property Managers

