

## Reducing Stigma *about stress and related conditions*

**Stigma. It's a label. A stereotype. A pre-judgment before getting to really know the person and the details of their situation** If someone is having a hard time and they feel judged, stereotyped, or labeled because of it, it can:

- stop the person from getting help
- make them feel embarrassed, ashamed, hopeless and even like they are a problem for those around them
- be even harder to deal with than the original source of the stress

### **BE** *educated*

Read what's here on Change to Chill and learn about meditation, Mental Remix and other strategies for dealing with stress. Educate yourself about mental health and wellness. Be knowledgeable and help fight stigma with facts!

### **BE** *compassionate*

If you see someone who is having a hard time, ask how they are doing, let them know you're there to help if they need it – be a friend. Small acts of kindness speak volumes.



### **BE** *the change*

Avoid using words like “crazy,” “nuts” or “psycho.” These words promote the idea that people with lots of stress or other mental health conditions are different and weird. If you see someone being stigmatized, say something supportive and positive that reminds people that we're all human and we all have struggles and challenges.