Use the resources below to learn about stress and community-wide stress interventions before using the ATSDR Stress Fact Sheet in a community setting.

Learn about stress and how it can affect people’s health

There are different types of stress
- Stress: https://medlineplus.gov/stress.html

Stress can have various health effects
- Stress effects on the body http://www.apa.org/helpcenter/stress-body.aspx

There are warning signs of stress

People can use stress management techniques to cope with or reduce stress
- Manage stress: https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress#the-basics_1

Be aware of community-wide stress intervention resources
- The ATSDR stress fact sheet may be helpful for individual community members, but some communities may be interested in broader public health strategies for reducing stress.
- Evidence-based strategies for community-wide stress interventions are grounded in community disaster relief principles and community resilience theory.
- The following reports provide a starting place for staff interested in learning about community-wide stress interventions related to environmental contamination. Such events are often called “Slow-Motion Technological Disasters” or “Chronic Technological Disasters” in the literature.
  - Community-Level Social Support Responses in a Slow-Motion Technological Disaster: The Case of Libby, Montana https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3779910/
- Dr. Pam Tucker (DTHHS) is available to discuss strategies ATSDR has used in the past to address community-wide stress (770.488.3458, pgt0@cdc.gov).
  - Slides from Dr. Tucker’s June 2017 Topic in Environmental Health Exposure Investigation presentation, “Understanding and Responding to Community Stress: A Guide for Environmental Health Workers” are available on the DCHI SharePoint site, or upon request.