

### The Effects of Stress

Being an advocate for suicide prevention can be a very rewarding experience. However, if you are constantly giving and not taking time for yourself, you put yourself at risk.

Stress symptoms can effect your body, thoughts, feelings, and behavior. Being able to recognize common stress symptoms can help you manage them. Here are a few common effects of stress:

Physical

- Low energy, fatigue
- Headaches
- Insomnia

Emotional

- Anxiety
- Restlessness
- Unmotivated, lack of focus

Behavioral

- Overeating or not eating
- Angry outbursts
- Drug or alcohol misuse

Learn more about staying health while advocating from our *Suicide Prevention Advocacy Handbook* at [www.mospn.org/missourispan](http://www.mospn.org/missourispan)

### No changes to the 2021 Regular Session bills we are monitoring

Bill #	Sponsor	Last Action	Summary
<a href="#">HB170</a>	<a href="#">Rep. Ellebracht</a> (Clay county)	1/07/2021 - Read Second Time (H)	Provides that a person may be charged with promoting a suicide attempt or voluntary manslaughter if such person is convicted of abusing certain persons and such conduct significantly contributed to the suicide or suicide attempt
<a href="#">HB304</a>	<a href="#">Rep. Kelley</a> (Jade, Barton, Jasper, Cedar counties)	1/07/2021 - Read Second Time (H)	Enacts requirements relating to suicide prevention education and information
<a href="#">HB437</a>	<a href="#">Rep. Appelbaum</a> (St Louis county)	1/07/2021 - Read Second Time (H)	Enacts requirements relating to suicide prevention education and information
<a href="#">HB465</a>	<a href="#">Rep. Pike</a> (Vernon, Bates counties)	1/07/2021 - Read Second Time (H)	Enacts requirements relating to suicide prevention education and information

Be sure to follow us on [Facebook](#) and [Twitter](#) for news and information about suicide prevention.



Veterans Press 1



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