

## Stress Management & Keeping Well

### What can I do now to manage stress?

#### Treat your body right

Eating right and exercising can increase your tolerance to stress

#### Set realistic goals

Do what's possible and carry on

#### Focus on one task at a time

Divide larger tasks into smaller, more manageable projects

#### Learn to relax or meditate & breathe deep

Studies show just 5-10 minutes of quiet reflection a day can bring relief from chronic stress and increase tolerance

#### Take five

Taking a short break can help revive you and increase your problem solving skills when you begin working again

#### Be flexible

Make allowances for other people's opinions and be prepared to compromise

#### Avoid excessive competition

Excessive competition can be dangerous emotionally and physically – not to mention damaging to your job

### Did you know? Chronic stress can

- Double your heart attack risk?
- Increase your likelihood of developing serious illnesses like diabetes and cancer?
- Be linked to the six leading causes of death:
  - heart disease
  - cancer
  - lung ailments
  - accidents
  - cirrhosis of the liver
  - suicide

### When to Seek Help

If signs of stress persist for weeks and months, and what you've tried already hasn't helped, it may be time to seek help. Do you experience the following?

- Feeling constantly overwhelmed
- Strained relationships
- Poor work performance
- Overly emotional reactions
- "Little things" set you off
- Insomnia
- Fatigue
- Headaches & Backaches
- Rise in blood pressure

Some helpful websites are:

<http://health.nih.gov>

[www.apa.org](http://www.apa.org)

<http://stress.about.com>

No matter how much you try, stress is hard to avoid. Stress is a normal part of your day whether you are stuck in line at the grocery store, running late for a meeting, having a discussion about money with your partner or managing your children's social activities. Short-term stressors are common and can help motivate us to make positive life changes. When stressors become chronic or long-term, your physical and mental health may be affected. Some potential chronic stressors are family illness, marital concerns and ongoing job related stress. Finding effective stress management techniques to help you cope with chronic stressors will help reduce your health risks. Your EAP is a helpful resource.

Workplace Solutions® can assist you and your dependent family members with stress and other personal situations. Call for a free, confidential consultation. 1- 800-327-5071.