

DEALING
WITH

STRESS

HEALTHY COPING SKILLS
WHEN THINGS GET TOUGH



Stress and anxiety effects everyone on some level. Some people internalize and then explode, while others lash out more consistently or worry constantly. Most often, stress is generated from feeling out of control and unable to handle the next new situation. Typically, stress doesn't stay at home or work, but intermingles between the two, impacting your life and those around you. If you are feeling overwhelmed by life whether it's related to family issues, work relationships or even another possible hurricane, consider implementing some of the following coping mechanisms to relieve your anxiety. Remember, stress is related to serious health conditions and may negatively effect your relationships, your job performance and your overall peace of mind.

What To Do When You Feel Anxious

- **Identify the source of your anxiety.** If you can change it, do so. If you can't change it, prepare as well as possible and redirect your thinking to what you have control over. Keep a journal or notebook and write down what you thinking and feeling.
- **Take time to be alone** and meditate, pray, listen to music or workout. Often, we just need "down time" to regroup and re-energize.
- **Take care of yourself.** Watch your diet, lowering sugar and caffeine intake. We often do the opposite causing physical nervousness, as well.
- **Turn to, not on, those you love.** Use them as support and support them as well. It's so much easier to cope when we work together.
- **Talk to someone** about what's happening in your head. Often, things are easier to deal with when we realize others are in the same boat.

**Your Employee Assistance Program is only a phone call away! We're here for you...just call
1-800-899-3926**

What Not To Do

- **Suffer alone.** You're not alone and others want to help and support you.
- **Take out your anxiety on your family or co-workers, either verbally and/or physically.** Creating new problems won't solve the old ones! If you see yourself tempted to lash out, step out the situation until you've calmed down. You can call your EAP 24 hours/7 days a week...don't hesitate to use that service.
- **Overeat, overwork, over anything.** This is not a time for excess. Again, you're just adding problems to the pile.
- **Lose sleep.** Adequate sleep is essential to being healthy and it's even more important during stressful times.
- **Worry.** This tactic has never changed anything for the good. It undermines your mental and physical health.