Take control and cope with your stress.



Find the support you need to take that first step

There are positive and negative aspects to stress. Some stress helps you concentrate, focus and perform. Many people do their best work when under pressure. But you run into trouble when you can't relax after meeting a challenge. When stress becomes a constant way of life, your health and well-being can suffer.

Know your stress signals

Stress is the response of your body – physically and emotionally – to all demands made upon it. Understanding these demands and their effects can help you learn to recognize your own "stress signals," as well as ways to counteract your stress to lead a healthier life.

What should I look for?

Physically you might find you have:

- Lack of energy
- Difficulty sleeping
- Muscular tension and/or headaches
- Frequent illness, including colds and/or intestinal problems
- Weight loss or gain

And emotionally you might be feeling:

- Depressed
- Easily irritated and/or frustrated
- Unappreciated, as if you aren't achieving enough
- Hopeless or powerless
- Isolated or lonely

Take control of your life

To enroll in the program, or if you have questions, call the number on the back of your ID card.

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What should I do?

There are many ways to keep all the negative effects of different stressors to a minimum, including:

- Get some support. Talk with a friend or family member.
- Give yourself a break. Relax. Escape. Take a vacation.
- Have realistic goals and expectations. You don't have to do it all.
- Reframe your thinking. What's really important?
- Take care of yourself. Eat right. Keep fit. Get enough rest.
- Don't put so many things on your plate. By trying to do too much, you may find yourself experiencing stress.
- Learn to effectively manage and deal with your stress.
- Practice time management skills.
- Use good communication skills – tell people when you have too much going on.
- Be assertive – don't be afraid to say no. You have to help yourself before you can truly help others.

You can't give something you don't have to give. The stress management program can help you understand the sources of your stress, learn coping techniques and manage stress both on and off the job.

This information is for educational purposes only. It is not intended as medical advice or to be a substitute for proper medical care provided by a physician. Do not rely on this information for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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