



# healthy habits

At one time or another, many of us have experienced feeling as though we have been pushed to our limit. Life's hassles simply become too much to handle and stress continues to build until it feels as though we are ready to explode. When you feel this way, you may be experiencing *burnout*.

Contributing factors usually include a combination of longer work hours, higher expectations and the pressure to succeed, while still managing to strike a balance between work and family. In short, simply attempting to keep up with today's increasingly fast-paced society may result in burnout.

## Beating burnout

Whether a person is at risk for burnout depends on a number of factors. An individual's personality and coping skills can have a significant impact on how they react to, and deal with, stressful events. Here are some tips on how to keep it cool when times get tough:

- **Know *when* you are stressed.** Signs of stress may include physical symptoms such as tense muscles, headache, upset stomach and fatigue. You may have trouble sleeping or difficulty concentrating, or experience feelings of anger, frustration or being "down in the dumps."
- **Know *why* you are stressed.** Try to identify the factors that are causing your stress and take steps to confront them. By not dealing with the issues, you are only adding to your stress level.
- **Reduce the stressors in your life.** Take steps to avoid stress when you can. If your morning commute gets your blood boiling, try taking a different route. If your relationship with your spouse is causing you stress, consider talking to a counselor.
- **Take a break.** Read a book. Catch a nap. Find a hobby. Give yourself a "timeout." Make it a priority to find time to do the things that you enjoy.
- **Take care of yourself.** If your body isn't healthy, it's harder for your mind to be. Exercise regularly, eat a well-balanced diet and get a good night's sleep.
- **Make time for family and friends.** Having fun is a great way to relieve stress. Just as you schedule your work life, plan for fun – whether it's a special activity with your child, one-on-one time with your spouse or dinner with friends.
- **Think positively.** When times get tough, remind yourself of the positive aspects of your life. Negative thoughts can lead to higher amounts of stress – and research shows that a positive outlook can help you to live longer!

## Did you know your Strength & Resilience stress management program could help?

### Gain the strength to cope with your stress.

You don't want stress controlling your life. The Strength and Resilience program can help you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

Get the support you need and the results you want. Call [000.000.0000] or go online: [www.myCareAllies.com] and enter the password: [xxxxxxxxx]