



healthy habits

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

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 to 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!

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

Gain the strength to cope with your stress.

You don't want stress controlling your life. The Strength and ResilienceSM 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: [xxxxxxxx]