

# Feeling Stressed?



Looking for ways to deal  
with stress more  
effectively?  
Call us today!

## Life Advisor

Employee Assistance Program

Confidential assistance with  
any work-life concern and  
at no charge to you!

*"Tension is who  
you think you  
should be.  
Relaxation is who  
you are."*

-Chinese proverb

## What causes stress?

Stress is a reaction to stressors: those situations and decisions with which you are confronted with throughout the day, which you may or may not be in your control. Your level of stress is based on how you react or respond to the stressors in your life. Stressors can include everyday events such as rush hour traffic, work deadlines, and paying bills. They can also include periodic events such as illness, job changes, or losing friends or loved ones.

## How do you know when you're too stressed?

It is easy to see how stress can become difficult and even debilitating. Burnout refers to stress reaching such high levels that it interferes with your ability to function normally. The following are typical signs that you may be developing burnout:

- Being absent from work more often than usual
- Withdrawing from family, friends or coworkers
- Experiencing an increase in negative thinking
- Avoiding certain people or phone calls
- Having difficulty making decisions
- Over or under sleeping or eating
- Increased use of alcohol or drugs
- Feeling overwhelmed, confused, angry, anxious, sad, impatient or inadequate
- Increased physical problems such as high blood pressure, constant colds or infections, or digestive problems

## Preventing and Reducing Stress

Prevention is often the best medicine. Try these activities to help keep your life in balance:

- Eating regular and healthy meals
- Physical activity including aerobic exercise or yoga
- Relaxation or deep breathing
- Getting regular and adequate sleep
- Prayer or meditation
- Avoiding using drugs or heavy drinking