

Coping With Stress

DATE 2019

While under stress people may experience a range of negative emotions, unhealthy behaviors and bothersome symptoms. This guide offers suggestions to help you cope.

How can I recover from chronic stress?

It is always important to engage in self-care, but when dealing with on-going, chronic stress it is especially important. Here are some things you can do to foster resilience in yourself:

- Eat a healthy diet high in vitamins and nutrients. Drink plenty of water.
- Get a little exercise every day. You may not feel up to running a marathon, but a brisk walk around the block could really help.
- Get plenty of rest. Even if you can't sleep, there is value in rest.
- Pay attention to how you are doing. Don't push yourself too hard. Give yourself permission to slow down and listen to your body.
- Find ways to discuss and express your thoughts, feelings and emotions—by yourself and with others.
- Find support in family, friends, faith communities, and support groups.
- Practice mindfulness, meditation, or relaxation exercises regularly.
- Purposefully use music to regulate your emotions; lively music when you need energy, relaxing music when you need to focus, etc.
- Never underestimate the power of a deep breath. Deep breathing is a powerful tool that is always available to you.
- Look for silver linings. People grow through difficult circumstances. Consider how your circumstances have impacted you and how your resilience and character have grown as a result (this may take weeks, months or even years to determine).
- If your feelings become overwhelming, or you begin to think about harming yourself or someone else, consider calling your Employee Assistance Program for additional support.

Where can I go for additional help?

There are many mental health professionals who specialize in helping people recover from stress. A good place to start is with a counselor from your EAP. They can meet with you for an assessment, provide you with strategies to help you cope or refer you to a provider who specializes in your area of need. There's no problem too big or too small for EAP. If you are thinking that maybe you should talk to someone, you probably should. Call today! We're here for you.