



Is Your Everyday Routine **Stressing You Out?**

Feeling overwhelmed and fatigued doesn't have to be a way of life. These tips will help you gain control of your stress to feel more balanced so you can perform at your best.

Identify the key source. Is it too many deadlines too close together? Saying yes to too many personal obligations such as heading another school fund drive? Getting to the specifics can help lead you to the solutions.

Make an action plan. For example, can you talk to your supervisor about adjusting some deadlines? Delegate some responsibilities? Learn to politely but firmly say no to the less important social obligations? Stock up on audio books to ease the long commute?

Simplify your expectations. And let go of perfectionism. Instead of staying up late to bake that perfect cake for the company party, opt to buy some cupcakes instead.

Prioritize your to-do list. Time management is a major stress reducer! Figure out what tasks are most important and finish those first.

Just breathe. Breathing in deeply through your nose, fully expanding your abdomen, and exhaling slowly through your mouth can quickly calm your nervous system and short-circuit the stress response.

Blow off some steam. Find an activity or hobby that gives you a lift, whether it's reading, yoga, crafts, listening to music, or just playing with the dog.

Work it out. Even brief physical activity helps release the "feel-good" brain chemicals that can boost a sense of well-being. Take a quick walk the next time you feel stressed and be sure to build regular exercise into your daily life.

Talk about it. Talking through stressful moments can help to release pent-up tension.

Feeling Overwhelmed? Turn to us.

Your Licensed Professional Counselor offers free, confidential help to work through your stress and a Work/Life Specialist can help you find supportive resources. Just call. In a crisis, we're here 24/7.



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