

How To: Better Manage Your Stress



Stress is inevitable for all of us. However, too much stress can leave you feeling overwhelmed and exhausted and can seriously interfere with your daily activities and relationships. On the other hand, too little stress can result in low motivation and drive and a general sense of dissatisfaction. With just the right dose, stress can be a good thing. It gives you the energy and motivation to get the job done. Instead of feeling like stress is consuming you or trying to completely rid your life of stress, try these tips to bring stress down to manageable and motivational levels.

- *Avoid unnecessary stressors:* Whether they be people, responsibilities, or situations, stay away from the hot seat when you can. Say no when you are able and try to amp up your time management skills to avoid those feelings of last minute stress.
- *Alter the situation:* If avoidance isn't possible or practical, find elements of the stressor that you can change. Find resources that can help so you aren't facing the situation alone. Re-frame the way that you're viewing the stressor to be sure that you aren't thinking in black and white; there's always grey to be found.
- *Adapt to the stressor:* So often the worse part of stress can be the amount of effort we put into avoiding it or allowing ourselves to succumb to it. Adjust your expectations and try to keep your eye on the big picture.
- *Accept the things you cannot change:* Stress will always be there. Always. Out of each stressful situation, there are aspects over which you have no control. Identify these as early as possible and remind yourself to instead focus on the aspects that you can control such as taking care of yourself i.e. eating right, sleeping well, and finding time to relax.



Contact your EAP:



(866) 327-2400

www.txhhsseap.com



eap@deeroaks.com