

# A Little Stressed?

## Causes

We've all had stress - brief or persistent, situational like being in traffic or complex like too much work & too little time



## Reactions

Short and long-term effects include abdominal pain, acne, increased heart rate, anger



## What you can do

- ✓ Monitor your moods - When faced with stress, write down what caused it and your thoughts
- ✓ Make time for yourself 2 to 3 times a week - Turn off the phone, meditate, take 10 minutes a day personal time
- ✓ Walk away when angry - before reacting, count to 10, walk and readdress situation
- ✓ Analyze your schedule - Assess priorities and learn to delegate or eliminate unnecessary tasks



Research suggests that stress impairs the brain's ability to block certain toxins and harmful molecules.

## Physical Wear and Tear

The old saying that stress ages a person was recently verified in a study of women who had spent many years caring for severely ill and disabled children. Because their bodies were no longer able to fully regenerate blood cells, these women were found to be physically a decade older than their chronological age.

## What your EAP can do

- ✓ Your EAP can help you create a game plan to anticipate and manage your stress.
- ✓ They will work with you to determine the triggers of your stress.
- ✓ EAPs help you develop coping strategies when faced with stress and stressful situations.
- ✓ Your EAP will help you create a blue print for conflict resolution.
- ✓ For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428

