

Improving Your Stress Response



Do you recognize any of the following traits in yourself as a response to stress? Try applying the corresponding tip to help manage day-to-day stress.

When stressed out do you...

- **Feel paralyzed?** Break tasks into manageable blocks. Tackle one item at a time and check it off so that you can see your progress.
- **Feel like you or others always fall short?** You may be expecting too much of yourself or those around you. Think about adjusting your standards.
- **Think negatively?** Try to practice reframing and think about the things you have to be grateful for and the strengths you possess.
- **Feel physically worn down?** Self-care is a critical component to combating stress. Get adequate sleep, nutrition, and exercise regularly so that you can be at your best.
- **Isolate when stressed?** Maintaining supportive relationships help decrease feelings of stress. Spend time with positive people who boost you up.
- **Become rigid?** Trying to control a situation can often produce more stress. Being flexible can help you adapt better to the circumstances.
- **Avoid dealing with the situation?** Avoidance can hinder problem solving and forward momentum. Tackling the source of your stress can help you feel liberated.

Is stress holding you back? Consider contacting your Employee Assistance Program for help today at the number below.

"Stress: Coping with Everyday Problems". Mental Health America. <https://www.mhanational.org/stress-coping-everyday-problems> Accessed September 11 2020.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:
1.800.833.3031

WEBSITE:
EAPhelplink.com

CODE:
IOWA