



Feeling stressed and stuck? We'll help you live more fully...

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? Getting to the specifics can help lead you to the solutions.

Make an action plan. Some examples: Can you talk to your supervisor about adjusting some deadlines? Delegate some responsibilities? 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.

Remember, Your Health Advocate Licensed Professional Counselor offers confidential help to identify your stressors and offer coping techniques so you can feel better and remain calm and in control. You can also get help with a range of healthcare and insurance-related issues. Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. **In a crisis, help is available 24/7.**

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web:

Download the app today!



We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

©2018 Health Advocate HA-M-P009-7FLY

HealthAdvocateSM