

Reduce Stress, Increase Safety

Have you ever found yourself distracted from what you are doing because of stress? While you should be concentrating on making dinner, you are thinking about how you are going to manage to get the car to the shop and pay for the unexpected bill? As you are distracted, you end up burning your hand on the hot stove? Stress often causes us to have distracting thoughts and being distracted can easily lead to accidents. In these situations, your Employee Assistance Program can help.

Your EAP cares about your health and safety. The services provided through the EAP can help you identify where the stress in your life comes from, explore ways to address the causes and help you learn ways to help reduce and control the effects of stress.

We are a free and convenient service available to you and your eligible family members, 24 hours a day, 7 days a week. Call or visit EAP4YOU.com

To get started on reducing your stress:

- **Take care of yourself.** Eating right and getting enough rest and exercise can help you physically combat the effects of stress.
- **Manage your time.** Use good time-management to help you stay focused and get done what you need to.
- **Forgive yourself.** You can't do it all so don't expect yourself to. Be realistic and learn to say "no".
- **Find time to relax.** Even when you are very busy, you need to find time to take for yourself and relax. It will help reduce your stress and rejuvenate your energy.
- **Ask for help.** Sometimes, you just cannot manage alone. Recognize when it is time to ask for help from family, friends and others, and when it is time to seek professional help. When it is time for that, your EAP is available and capable of helping you find ways to address the causes of your stress and help you find ways to reduce the stressed-out feeling. Call today to be connected with a counselor or coach to assist you.