

Stress Less!

Health & Wellbeing



Best Care EAP can help!

For free, confidential support for you and your dependent family members, contact us today.
402-354-8000 | 800-801-4182

www.BestCareEAP.org

Member ID: bcCODEe – Password: CODE

“It’s not what happens to you, but how you react to it that matters.”

- Epictetus

3 Cs of Stress:

Control

Challenge

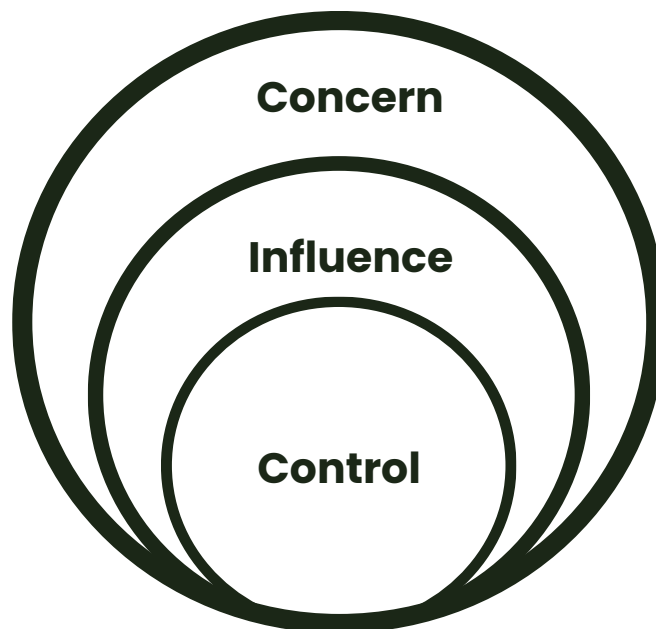
Commitment

Long-Term Effects of Stress:

Mindset 1: Stress is Harmful	Mindset 2: Stress is Enhancing
Experiencing Stress: <ul style="list-style-type: none">- <u>Depletes</u> my health & wellness- <u>Debilitates</u> my performance & productivity- <u>Inhibits</u> my learning & growth- Is <u>negative</u> & should be <u>avoided</u>	Experiencing Stress: <ul style="list-style-type: none">- <u>Improves</u> my health & wellness- <u>Enhances</u> my performance & productivity- <u>Facilitates</u> my learning & growth- Is <u>positive</u> & should be <u>utilized</u>

Changing How We Feel:

Positive Self-Talk & Affirmations	If you wouldn't say it to a child or a friend, don't say it to yourself.
Reframing	Look for the learning opportunities.
Focus on What You Can Control	Circles of control, influence, and concern.
Practice Gratitude	Actively acknowledge the positives.
Practice Acceptance	Stress can be unavoidable, so manage your responses.
Humor	Find humor in everyday situations.



Stress Management Practices:

Mindfulness Meditation:	Insight Timer, Calm, Headspace apps
Physical Activity:	Even small movement breaks can make a big difference!
Deep Breathing Exercises:	<ul style="list-style-type: none">• Box Breathing• Belly Breathing• Visualization-Mantra
Social Connections:	Spend time with supportive family & friends.
Healthy Lifestyle:	Prioritize sleep, movement, and nutrition.
Seek Professional Help:	<p>www.BestCareEAP.org username: bcCODEe password: CODE</p>