



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM

Stress Less!

Health & Wellbeing

Presented By:

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“Stress will push you forward or backward, but you choose the direction.”



Today's Agenda

- ✦ Define Stress
- ✦ How Stress Works
- ✦ The Mystery of Stress
- ✦ Make Stress Work for You
- ✦ Stress Management Techniques
- ✦ How Best Care EAP Can Help



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Stress Less!

What It Is & How It Works



STRESS

- Natural reaction to challenges
- Provides energy and focus
- Triggers “fight or flight” response



CHRONIC STRESS

- Weak immune system
- Disrupt sleep patterns
- Heart disease
- Diabetes
- Asthma
- Obesity
- Anxiety
- Depression
- Burnout



STRESS

- Natural reaction to challenges
- Provides energy and focus
- Triggers “fight or flight” response
- Vital for growth





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Stress Less!

The Mystery of Stress



**Do some people
really stress less
than others??**



3 Cs of Stress

- **Control**



3 Cs of Stress

- Control
- Challenge



3 Cs of Stress

- Control
- Challenge
- **Commitment**



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

-Epictetus



Reactions Matter!

- Impact on Relationships
- Mental Health
- Personal Growth
- Self-Awareness
- Decision-Making



Long-Term Study on Stress

Mindset 1:

Stress is Harmful

Experiencing stress:

- **Depletes** my health and wellness
- **Debilitates** my performance and productivity
- **Inhibits** my learning and growth
- Is **negative** and should be **avoided**

Mindset 2:

Stress is Enhancing

Experiencing stress:

- **Improves** my health and wellness
- **Enhances** my performance and productivity
- **Facilitates** my learning and growth
- Is **positive** and should be **utilized**



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Changing How We Feel



Shift Your Perspective

**Positive
Self-Talk &
Affirmations**



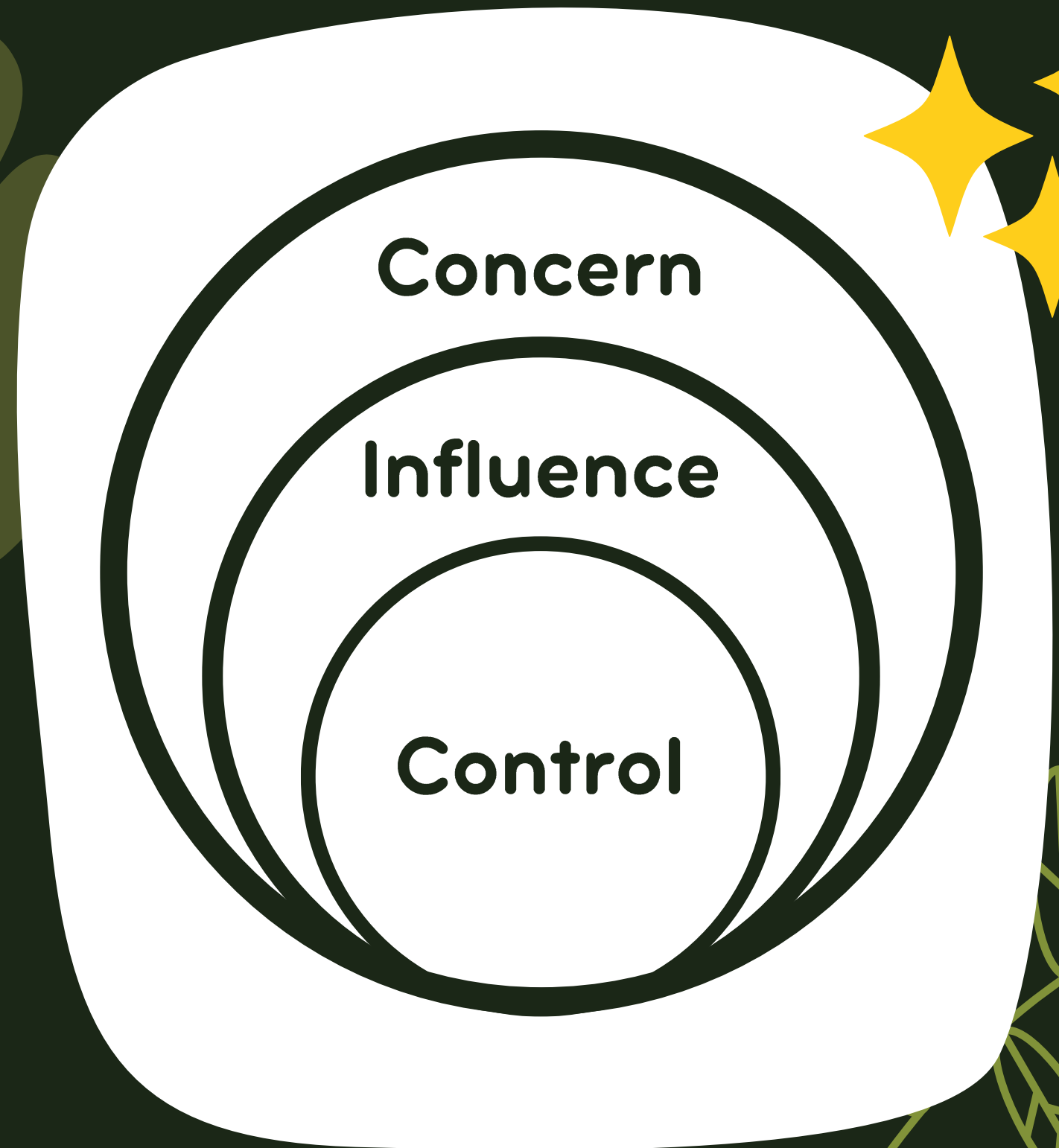
Shift Your Perspective

Reframing



Shift Your Perspective

**Focus on
What You Can
Control**



Shift Your Perspective

**Practice
Gratitude**



Shift Your Perspective

**Practice
Acceptance**



Shift Your Perspective

Humor





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Make Stress Work For You



Make Stress Work For You

- Acknowledge It!
- Don't Panic
- Identify the Cause
- Manage the Moment



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Stress Less Tips



Take CONTROL

- Tell yourself you're in control
- Seek additional training or support
- Take additional responsibility
- Stay organized



Seek CHALLENGE

- Choose to see opportunities, not threats
- Don't waste time
- Stress is an energizer



Renew COMMITMENTS



- Remember why you're here
- Realign with your core values and beliefs
- Pursue your passion and purpose



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Stress Less Action Steps



Stress Management Practices

- **Mindfulness Meditation**



Stress Management Practices

- Mindfulness Meditation
- **Physical Activity**



Stress Management Practices

- Mindfulness Meditation
- Physical Activity
- **Deep Breathing Exercises**
 - **Box Breathing**
 - **Belly Breathing**
 - **Visualization–Mantra**



Stress Management Practices

- Mindfulness Meditation
- Physical Activity
- Deep Breathing Exercises
- **Healthy Lifestyle**



Stress Management Practices

- Mindfulness Meditation
- Physical Activity
- Deep Breathing Exercises
- Healthy Lifestyle
- **Social Connections**



Stress Management Practices

- Mindfulness Meditation
- Physical Activity
- Deep Breathing Exercises
- Healthy Lifestyle
- Social Connections
- **Seek Professional Help**



Reduce Stress at Work

- **Progressive Muscle Relaxation (PMR)**



Reduce Stress at Work

- Progressive Muscle Relaxation (PMR)
- **Mindful Walking**



Reduce Stress at Work

- Progressive Muscle Relaxation (PMR)
- Mindful Walking
- **Stretching & Yoga Poses**



Reduce Stress at Work

- Progressive Muscle Relaxation (PMR)
- Mindful Walking
- Stretching & Yoga Poses
- **Alternate Nostril Breathing**



Reduce Stress at Work

- Progressive Muscle Relaxation (PMR)
- Mindful Walking
- Stretching & Yoga Poses
- Alternate Nostril Breathing
- **Listen to Music**





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Stress Less!

Make an Action Plan



WHAT NOW?



**Take Action.
Do Something!**

WHAT NOW?

Get Organized



WHAT NOW?

Get a Head Start



WHAT NOW?

Socialize



What Are You Going To...

- **Start Doing?**
- **Stop Doing?**
- **Continue Doing?**





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Best Care EAP Can Help!



Your Best Care EAP Benefit:



Confidential counseling sessions: In person, via telehealth, or by phone.



On demand webinars & articles for personal & professional growth.



Monthly live events including leadership training.



Dependent family members have access to Best Care EAP services, too!



www.BestCareEAP.org
username: **bcCODEe** password: **CODE**

Stress Less Resources

Negative Self-Talk and How to Change It by Shad Helmstetter

Practicing Mindfulness by Matthew Sockolov

Stress and How to Manage It: Transformative Techniques to Prevent and Reduce Everyday Stress in Your Life by Lori Maxwell



Thank You For Your Time!



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