

Remember,
Aspirus Employee
Assistance Services
is confidential.



ways to effectively reduce stress



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aspirus.org/clinics/wwih/eap_overview.php

When Life
Becomes
Stressful

your personal stress test

Take this self-test to help determine if you are dealing positively or negatively with stress. Check the questions to which you might answer "yes."

- Is it difficult for you to relax from one "crisis" to the next?
- Do your muscles feel tense? Do you feel a "knot" in your stomach when dealing with stressful situations?
- Do minor irritations (traffic jams, lost car keys, etc.) make your "blood boil?"
- Is it hard for you to accept the fact it's impossible to control all of life's variables?
- Do you feel there is "no way out" of certain situations?
- Is it difficult for you to find the time to exercise?
- Do you usually picture the worst outcome of problem situations?

"Yes" answers to these questions indicate difficulty in dealing with stress in a positive manner.

reducing stress

There are many ways to effectively reduce stress in your life:

- Look at stressful situations from another point of view. If you view something as "good", you'll likely feel positive about the stress you experience. If you view it as "bad," you will likely feel distressed.
- Identify exactly what it is that is causing stress in your life. Just by making a simple list of these stresses, you may find that you can eliminate some of these things without much effort or begin to accept the things you can't change.
- Acquire time management skills. Take a look at how you are now spending your time and decide if that's really what you want to be doing.
- Learn deep-breathing, visualization or meditation techniques.
- Listen to soothing music or sit in a quiet outdoor setting.

By trying different methods you will eventually find which works best for you. Public libraries and bookstores can also offer materials to begin a personal stress-reduction program.

when symptoms persist

When physical or emotional symptoms of stress become too much for you to handle alone or won't go away no matter what you try, you might consider consulting a professional to help you understand what you are experiencing.

help is available

Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:

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