



## Stress and Your Health

- Lack of balance equates to distress (as opposed to eustress, which is “good stress”)
- Distress equates to higher cortisol levels
- Cortisol = the primary stress hormone which increases sugars in the bloodstream, enhances your brain’s use of that sugar
- Long-term overexposure to cortisol = disruption of almost all your body’s processes
- Disruption of your body = increased risk of many health problems, including weight gain, suppressed immune system, high blood pressure, skin changes and depression or anxiety
- Therefore, finding balance for mental health can also assist with physical health!

## EMPLOYEE ASSISTANCE SERVICES A Business Health Solution

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## Work-Life Balance

Employee Assistance Services  
An Aspirus Business Health Solution



*In such a busy world, pursuing healthy work/life balance can seem almost impossible.*

Many are trying to find time in juggling heavy workloads, managing caregiving, relationships, family responsibilities, and squeezing in outside time for themselves. It's no surprise that more than one in four Americans describe themselves as very stressed. And that's not balanced—or healthy.

Those without work/life balance feel the urgency to get it all done at the office and still have quality time at home. Therefore, it's easy to forget that as stress levels go up productivity goes down—both at home and work. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships. But, talking to a counselor can help!



### How Do We Create Balance?

- Time Management
- Finding the Right Work for You
- Self Care
- Assertive Communication
- Educating Our Support Systems

### Taking Care of You

- Let go of perfectionism and guilt, by challenging irrational assumptions
- Formulate your own standards of success
- Schedule time for yourself
- Practice stress management techniques
- Get adequate rest and balance your diet
- Keep a sense of humor, and play
- Stay flexible...life is always changing
- Make self-worth your priority
- Remember, you are body, mind, and spirit – all three need to be cared for
- Accept your limitations
- Understand, relapses are not failure (you can learn from them!)
- Allow others to help you meet your goals

