

Conquer Your Stress and Anxiety

Stress and anxiety—these seem to be everyday parts of modern life. It can be hard to keep up with the demands of things like work, school, relationships, financial concerns, parenting and/or taking care of an aging loved one.

Some level of worry and stress is a normal part of daily life. But if stress or anxiety is not relieved, it can cause serious emotional problems. It can also hurt your relationships with your friends, family, and coworkers.

You may need to seek help if:

- You have feelings of panic, such as dizziness, fast breathing or a racing heartbeat.
- You are unable to work or function at home or at your job.
- You have fears that you cannot control.
- You are having painful memories of a traumatic event.

Log on to www.FOH4YOU.com to learn how to:

- Recognize the different types of stress and anxiety.
- Identify their signs and symptoms.
- Distinguish helpful levels of stress (“eustress”) from harmful levels (“distress”) that may require treatment.
- Identify ways to keep yourself healthy and work out stress and anxiety in a positive way.

Tips for Coping with Stress

- *Eat a well-balanced, healthy diet.* Don't use “comfort” eating to ease stress.
- *Get enough sleep.* Make a plan to get in bed earlier if fatigue is adding to your stress.
- *Get into a regular exercise routine* that you can enjoy and sustain. It's perhaps the best way to cut daily stress.
- *Limit use* of caffeine and alcohol.
- *Avoid* nicotine and recreational drugs.
- *Learn relaxation techniques* like guided imagery, progressive muscle relaxation, yoga, tai chi, or meditation.
- *Limit your TV news viewing.*
- *Direct energy to active hobbies* like playing music, gardening, dancing or crafting.

Go Online Today! Log on to www.FOH4YOU.com to access *Stress and Anxiety* and other helpful resources in the *Spotlight* section. Resources include self-assessment tools that can help you measure your level of stress and learn to control it better. Or, call the FOH Employee Assistance Program at 1-800-222-0364 or 1-888-262-7848 TTY for support and resources.