



CONCERN:EAP

Healthy & Resilient You



Time to change your perspective

Stress. It's a triple threat. Physically, mentally, and emotionally, it can negatively impact your wellbeing. However, by working to rethink stressors and change your perception of them, you can minimize your level of stress while bolstering your feelings of balance, competence, and personal control. The following sections will help you better identify your stressors. More importantly, you will find that you can identify your personal stress triggers and take charge to modify them.

PERFORMANCE EVALUATION

PROJECT DEADLINE

PLANNING VACATION

WEDDING PLANNING

BUSINESS TRAVEL

AGING PARENTS

Stop the stress cycle

More often than not, thinking about your level of stress at any given time will stress you out even more. Instead of psyching yourself out with overwhelming thoughts, find that inner "Zen" master and change your attitude by looking at the big picture. This is called reframing your perspective. You can do this by giving yourself positive phrases to repeat or taking action that actually contradicts your negative thoughts. For example, next time you have a deadline hanging over your head, take a 15-minute break to shake off the intensity. Sounds crazy, right? Research suggests that the longer you focus on your computer screen, the less productive you may be. Taking a break will reset your ability to concentrate. Step away and take a walk, run an errand or go out to lunch. You'll come back more focused and productive.

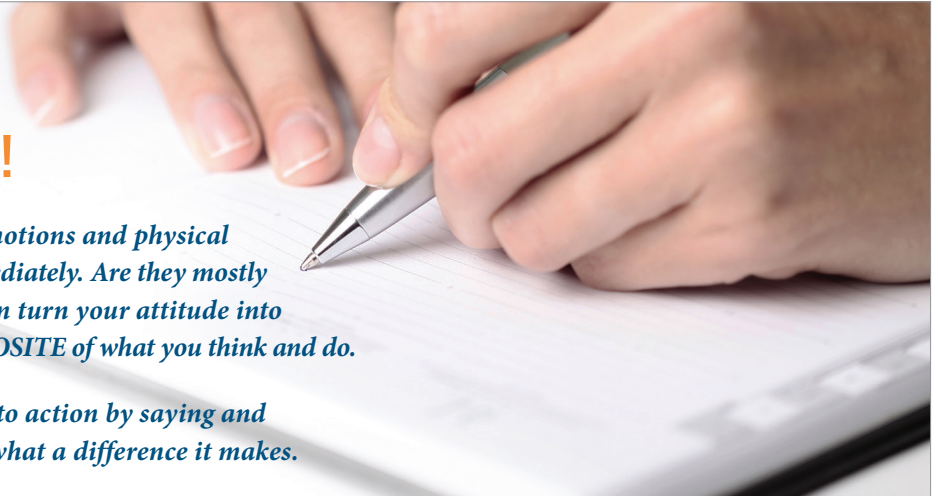




Advanced Tip!

Pay attention to your thoughts, emotions and physical sensations. Write them down immediately. Are they mostly negative? Think about how you can turn your attitude into gratitude by writing down the OPPOSITE of what you think and do.

Put your list of “opposite” ideas into action by saying and doing them in times of stress. See what a difference it makes.



Don't sweat the threat

A real or perceived threat is followed by a release of hormones that increase your heart rate and blood pressure. Some call it anxiety, but this feeling enables you to take control of new situations. If you can maintain your poise, and calm yourself down, this feeling of “panic” can (ironically) help you conquer your fears by giving you superhuman focus and energy when you need it most.



The next time you feel the rush of a stressor, take a breath and allow yourself some time to calm down. Next, rate your stressor on a scale of 1 to 10. In the grand scheme of things, is it really as bad as it feels?



Reframe, refocus and relax

Learning to reframe your perspective by thinking more rationally and optimistically will help you better deal with stress. This will also help you stay confident and focused, which will improve your chances of success. What comes next? Relax!

When you actually relax, not just taking a fleeting break, your body rebuilds itself. Your immunity to stress improves while your energy levels increase. If you think you're wasting time by relaxing, then you haven't finished reframing your perspective. Just like the triple attack of stress, you have to physically, mentally, and emotionally relax.

Yes, after you've reframed, refocused and relaxed, you'll breathe easier and tackle the next unexpected challenge that comes your way. Before you know it, your resilience to life's many challenges will improve beyond your wildest dreams.



Give yourself a month to practice one of these techniques to help you cope with just one source of stress in your life. Pick a problem, and see if one of these suggestions works for you.

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222

www.concern-eap.com