



To access the stress tools on the EAP website:

1. Go to www.ndbh.com
2. Enter your company login code in the EAP Member section: goodwill

Stress Management

Medical research shows that stress management – controlling the reaction to external sources of stress – can make a difference in how you think, feel and relate to others. The top stress relievers include the following:

- Exercise – the number one stress reducer. Regular, moderate exercise keeps your heart and lungs fit, lowers your blood pressure, and increases endorphin production – the feel-good chemicals.
- Stop smoking, limit or abstain from alcohol, and limit caffeine from all sources. All three drugs – nicotine, alcohol and caffeine – increase physical stress.
- Connect with other people. Develop a circle of friends and have at least one trusted friend or family member to whom you can reveal your deepest, darkest thoughts.
- Eat a nutritious, balanced diet and maintain a healthy body weight.
- Keep a positive outlook about your life and your future. If you tend toward the negative, take charge of your thoughts.
- Commit to quiet time, meditation, or prayer every day to help put life in perspective. Spend some time every day in something you enjoy, something fun. The combination – quiet time and fun – will help to balance your life.
- Relax! Find ways to *practice* relaxation, such as deep breathing or muscle tension and release.
- Talk about your feelings. Expressing emotions of fear, worry, and anger will reduce the negative impact of those feelings on your body and your mind.
- Dream, set goals, and plan. Hold onto ambition, direction and structure and you have a better chance at living a life you want.

New Directions EAP can help you learn stress management skills. Call us at **800-624-5544** for a confidential, session with an EAP professional.