

LifeSolutions®

Reduce Your Stress Levels



Research shows that one-third of managers feel unsure or overwhelmed at work. You may assume that stress comes with the job and that there's not much you can do about it. That's a dangerous position to take.

Paying attention to your stress is important for your health and well-being.

Here are some strategies to try:

- 1. Recognize the warning signs.** Prolonged stress or burnout can lead to physical and mental health issues. Signs of prolonged stress or burnout include increased irritability, decreased motivation, changes in eating or sleeping habits, and unexplained aches and pains.
- 2. Reflect on the nature of your stress.** *Hindrance stress* is associated with barriers that prevent us from getting the job done. If you're feeling burned out, identifying specific situations that make it hard to work effectively will help combat this type of stress.
- 3. Create a self-care plan.** Get enough sleep, get some exercise, and eat a healthy diet. Your self-care plan may also include detaching from work at times. Taking steps to rest and reset will help you feel more energized and motivated. Consider checking your email less often when you're not at work. Lighten your load by delegating when appropriate. Take a mental health day if you need it.

- 4. Call LifeSolutions employee assistance program EAP for additional support.** LifeSolutions EAP offers counseling sessions and can help you locate other support resources in your area. For in-the-moment relief from anxiety or stress, download the RxWell app (available in the Apple App Store and on Google Play). This interactive app will teach you techniques to calm your mind and challenge old patterns of thinking.

EAP services are private and confidential. They are available to you, your employees, and members of your household at no cost. Call or email us to ask questions or schedule an appointment.

**LifeSolutions@upmc.edu
1-866-647-3432 (TTY: 711)**

To access the Work-Life section of our website, go to www.hr.pitt.edu/lifesolutions.

This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.

