



# Quick Tips for Managing Stress

## National EAP is here for You.

Do you ever feel stressed, overwhelmed or simply not your best self at work? You are not alone! Many employees struggle with personal or professional challenges that impact their work performance and overall well-being.

Your Employee Assistance Program is a valuable resource that is designed to support your well-being and help you navigate life's challenges.

Remember, National EAP is here to support you. Don't hesitate to call if you need help. **The services are confidential, free of charge, and available 24/7.** Take care of yourself, and your EAP will help you take care of the rest.

### Looking for additional resources?

**Login to your member portal** to discover articles and materials focusing on stress management and awareness. Your username and password for the Member Portal is your Company Name.



**Our mindfulness solutions app, Wysa,** offers NEAP members an interactive platform that is rooted in cognitive behavioral therapy and is available 24/7. **Learn about Wysa and download the app today!**



### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

### Expert Tips for a Peaceful Mind:

- 1 Breathe fully!** When under stress most people breathe very shallowly. Remind yourself to breathe fully by putting post-it notes around.
- 2 Consciously let your shoulders, neck, and back relax.** Most people store tension in these areas and then experience headaches or back pain.
- 3 Take a few minutes to go on a mental vacation,** remembering some beautiful place you've been or imagining a place you'd like to visit.
- 4 Practice deep easy breathing** several times a day or join a yoga or tai chi class.
- 5 Stressful thoughts create stress in your body.** Instead of saying to yourself, "I'll never get everything done!" say to yourself, "relax, breathe, all the important things will get done."
- 6 Give up trying to change other people.** Focus on changing yourself. Ironically, when you give up trying to control others, they often spontaneously improve their behavior.
- 7 Decrease the time you spend watching TV** and you'll have more time for relaxation exercises, reading, listening to music, or other fun activities.
- 8 At the end of each workday,** spend a few minutes listing the top six priorities for the next day. That way you don't have to think about them at night. Make sure you start the next day with those priorities.

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