Tips to Manage Stress
in the Workplace

Feeling stressed at work? You're not alone. Work stress can impact your focus, productivity, and well-being. When stress builds up, staying calm and efficient can be tough. The good news is there are strategies to help manage stress, stay in control, and maintain a positive mindset. **Implementing these tips can help you stay balanced, focused, and productive throughout the workday.**

Tips for Managing Stress in the Workplace

Prioritize Tasks: Be realistic about what you can achieve, tackle important tasks first.

Take Breaks: Short, frequent breaks help refresh your mind and improve focus.

Practice Mindfulness: Take a few minutes each day for deep breathing or meditation.

Set Boundaries: Protect personal time with clear work-life limits.

Ask for Help: Reach out to your supervisor or EAP for support.

ONLINE RESOURCES AVAILABLE

For more support, visit your **National EAP Member Portal** for access to helpful articles, resources, and mindful practices.

(click below)

NEAP
NATIONAL EAP

MEMBER PORTAL

MEMBER PORTAL LOGIN
USERNAME:
PASSWORD:

Need Help?
CALL : 1-800-624-2593
Log On to the Member Portal

NEAP | NATIONAL EAP