



Understanding and Managing Stress

Stress affects everyone, but not everyone experiences it the same way. It's your body's natural response to pressure or change. In small doses, stress can motivate you. But when it becomes constant, it can impact your health, mood, and relationships.

Common signs of stress include:

- Trouble sleeping or concentrating
- Irritability or feeling overwhelmed
- Muscle tension or headaches
- Changes in appetite or energy
- Withdrawing from others

National EAP is here to support you. Don't hesitate to call if you need help. Contact us for confidential, free of charge, and available 24/7.

Expert Tips for a Peaceful Mind

- **Breathe deeply.** Take slow, full breaths throughout the day to calm your body.
- **Relax your muscles.** Release tension in your shoulders, neck, and back.
- **Take a mental vacation.** Picture a peaceful place for a few quiet moments.
- **Practice mindfulness.** Try deep breathing, yoga, or tai chi regularly.
- **Reframe your thoughts.** Replace "I'll never get it all done" with "I can handle what matters most."
- **Let go of control.** Focus on your own responses instead of changing others.
- **Unplug often.** Spend less time on screens and more time doing what you enjoy.
- **Plan ahead.** End your day by listing priorities for tomorrow to clear your mind.

Member Portal: [Log into your member portal](#) to access articles and materials focusing on stress management and awareness. Your username and password for the Member Portal is your Company Name



Wysa, our mindfulness solutions app, 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!](#)

