



Don't Stress Over Stress

Tips for Managing Stress

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We've all felt it - Muscle tension, fatigue, irritability, trouble sleeping, strained relationships, and various health problems. All are characteristics of stress.

But did you know there are actually two types of stress: **distress** and **eustress**?

Distress is characterized as the "bad stress" that one may feel if experiencing a divorce or job loss and very often produces negative responses. One may feel sad, or angry, and if not managed properly can lead to depression and/or anxiety that could impact both your personal and professional life.

"Good stress", or **Eustress**, is usually found in circumstances such as graduating, having a baby, or getting a job promotion. This type of stress generally promotes emotional and/or psychological growth. One may experience joy and excitement about the possibility of a new chapter in life while challenging his/her ability to master a new task.

Luckily, both *distress* and *eustress* can be managed in a variety of ways.

First, pay attention to your thought process. The way you react to life's transitions is often more important than stress itself. **Staying optimistic** can help us feel better about the changes life brings. Remind yourself that **stress is temporary** and focus on the positive. Try keeping a "gratitude journal" to stay focused on the positive things that day.

Another useful technique is **H.A.L.T.** (This works especially well with children.) Find out if you (or your child) are **Hungry, Angry, Lonely** or **Tired**. Then act accordingly.

Other great ways that you can take care of yourself include eating right, exercising regularly, learning to say "no", talking to a loved one, and utilizing relaxation techniques such as yoga or meditation.

And finally, if the symptoms of stress persist, consult a medical or mental health professional. Most employers cover such visits under their *Employee Assistance Program*. In time, you'll find your way back to laughing and enjoying this great gift called *life*.

Practice H.A.L.T.

Find out if you're really:

- ✓ Hungry,
- ✓ Angry,
- ✓ Lonely, or
- ✓ Tired.

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