

SUGGESTIONS TO HELP EASE STRESS

EAT

Even if you do not feel like eating, try to eat something that has some nutritional value. Stress reactions deplete energy levels, so it is important that we restore these levels to keep the mind and body functioning normally. Try to stay away from sugar and caffeine.

EXERCISE

Regular exercise is ideal for total health and well-being, but it is especially important to get some type of physical exercise when stressed. Exercise helps to reduce any stress chemicals in the system and helps to clear the mind.

REST

Try to get plenty of rest. A common stress reaction is for people to try to “bury themselves in work or activity.” This can be self-defeating physically and mentally. If you find sleep is interrupted, get up and replenish yourself. You can do this a number of ways; a glass of orange juice or milk, something to eat if you have not eaten, read, talk, or write about your feelings. After a short period of time you should find that you are able to return to bed and rest more comfortably.

TALK

It is important to share your thoughts and reactions about the events. Suppression of thoughts and reactions may prolong the recovery process. Sharing is the mind’s way of replenishing. It is also important to share your reactions with loved ones so that they may understand and assist.

If you find that your stress symptoms persists, get worse, or become more uncomfortable to you, contact your Employee Assistance Program to assist you with confidential help during your recovery process.

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