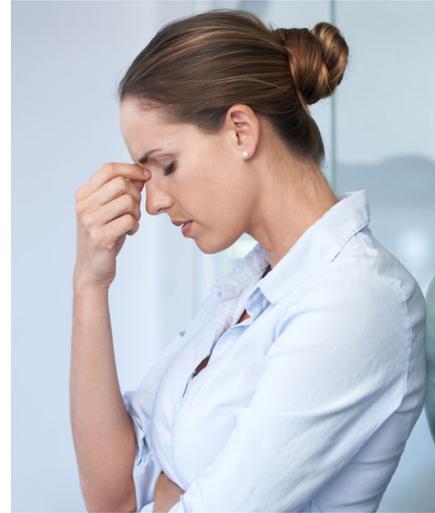




Here4TN Leader's Monthly

June 2017



Health effects of stress

Managing work, family life and everything in between can be challenging. At times, it may even cause overwhelming stress. But if stress persists over time, it can put extra strain on your body and negatively affect your long-term health. While different people experience stress in different ways, over time, stress can lead to:

- **Problems with thinking and focusing.** You may have trouble concentrating or remembering things. You may make a series of poor judgments or be overly negative.
- **Physical problems.** Continued stress may contribute or exacerbate health problems such as heart disease, high blood pressure and diabetes. It can also cause issues with weight.
- **Emotional issues.** Continued stress may contribute to depression and anxiety. It can also cause anger, moodiness and isolation.
- **Behavior problems.** Are you sleeping more or staying up to all hours, either of which isn't like you? Are you binge eating or forgetting to eat? All may be stress related.

Get help with onsite training

To help you learn to control how you perceive stress and learn to react to it in a healthy way, we're offering a manager training called, "Managing Stress for Managers."

This one-hour seminar will give managers tools to identify stressors, both good and bad; work expectations, relationships, nutrition, exercise, sleep, finance and time management. Managers will learn how to help create a healthy lifestyle, which ultimately may benefit work and home.

Program highlights:

- Identifying triggers
- How do you know you are stressed?
- Good stress, bad stress
- Best practices
- Visual exercise

For more information about this training, visit Here4TN.com, go to the Leaders tab, then scroll down and select "Training Catalog" and scroll to page 37. Or call 855-Here4TN to request the training today.

Continue on to [page 2](#) »

Tips for managing stress

It's not good for you to be stressed all the time. Too much stress has been associated with headaches, muscle pain, sleeplessness, anxiety, depression and unwanted weight gain or loss. When we're too stressed, our body releases coping hormones. These hormones can be harmful if our body continues to release them over an extended period of time.

Whatever the cause of your stress, it's important to have coping tools to help you manage it. Here are nine ways that may help.

- 1. Figure out the cause.** Consider keeping a stress journal. Whenever you feel stressed, write down the cause, how it made you feel and how you dealt with it. Some helpful patterns might emerge. You may find that certain situations or people trigger your stress.
- 2. Remember four healthier ways to cope:** You can choose to avoid the stressor, if you can, alter the situation, adapt to it or accept it. You can also change your perception of what is stressful to you as you build up more coping skills.
- 3. Map out your day.** If you have a rough idea of what you want to get done, you can mark tasks off your list with satisfaction. Sometimes getting the hardest task done first works well, so you can start the day with a sense of accomplishment.
- 4. Prepare for tense situations.** If you know you face a tough conversation or some other awkwardness, practice how you'll handle it. Give yourself healthy rewards for a positive outcome.
- 5. Relax your muscles.** Try meditation or deep breathing. Gentle stretches or a warm shower might help loosen you up. If you haven't meditated before, learn a few techniques and try for just a few minutes the first day.
- 6. Get moving.** Healthy adults should strive for 150 minutes of moderate physical activity each week. Do more if you can. Even 10 minutes at a time counts. Add strength-building exercises on at least two days of the week. Consult with your doctor before starting any new exercise routine.
- 7. Eat a balanced diet.** Fuel up with fruits and vegetables, proteins low in fat and salt, and low-fat or fat-free dairy. Dried beans and peas add healthy fiber to your diet.
- 8. Avoid using alcohol or drugs to deal with stress.** If you choose to drink alcohol, do so only in moderation. This means up to one drink a day for women, two for men. Some people should drink less than these amounts or not use alcohol at all. Talk with your doctor if you have questions about alcohol use or have difficulty drinking in moderation.
- 9. Ask for help if you need it.** Stress affects everyone differently. You might just need a supportive friend to visit with or a support group for people who are going through the same thing. Talk to your doctor or a mental health counselor if your stress is overwhelming. Here4TN offers five no-cost EAP counseling visits to help.

Training: Health and Well-Being in the Workplace

For more support managing the stress in your life, sign up for the "Health and Well-Being in the Workplace" training.

The discussion will include work/life balance, how to establish priorities and the importance of healthy eating and regular exercise. You'll also learn ways to prevent computer-related injuries, as well as injuries from lifting and repetitive stress.

For more information about this training, visit Here4TN.com, go to the Leaders tab, then scroll down and select "Training Catalog" and scroll to page 69. Or call 855-Here4TN to request the training today.



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