

Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Top ten tips for dealing with stress

Learn how to relax by training your body and mind to unwind through deep breathing, muscle relaxation, yoga, or any relaxing activity that you enjoy.

Get moving regularly, whether it's a stroll at lunch or a yoga class after work. Exercise improves mental and physical functions and is a natural mood lifter!

Fire your inner critic and empower yourself by overcoming feelings of helplessness. Replace thoughts of "This is impossible!" with "I can do this!"

Brush up on nutrition and replace bad eating habits with good ones. It'll improve your energy level and your ability to handle stress.

Set boundaries and learn to politely say "no" to extra tasks that will affect your ability to balance.

Accept change and acknowledge the possibility that your day may not unfold as you imagined.

Reach out to the people you feel close to. Talking about your thoughts and feelings can help to ease stressful situations.

Accept the help of others and share your responsibilities and priorities at work and at home.

Find the funny side of life and learn to laugh at yourself and with others. Laughing is one of the easiest and most enjoyable ways to reduce stress.

Don't look back with regret and don't look forward with fear; look around you with awareness.

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