



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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