

STRESS MANAGEMENT 101

Presented by
Cigna Employee Assistance Program



SEMINAR GOALS



- Learn what stress is and what triggers it
- Become aware of the stress in your life
- Discover ways to manage stress
- Discuss how to maintain a lifestyle of healthy stress management
- Understand how your Employee Assistance Program can help



What is stress?

Stress is a normal psychological and physical reaction to the ever-increasing demands of life.

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ARE YOU AWARE OF STRESS?



You may think you're not stressed out, but there might be stress in your life that you don't recognize!

You may think that you know what's causing your stress, but it might be something else that you didn't think of!



What are the signs of stress?

Mental/Emotional

- Irritability
- Feelings of anger or frustration
- Inability to concentrate
- Feeling overwhelmed

Behavioral

- Job performance issues
- Conflicts with others
- Increased tobacco or alcohol use
- Disrupted eating patterns
- Communication difficulties

Physical

- Frequent illnesses, such as colds
- Headache
- Low energy
- Upset stomach
- Muscle aches
- Sexual difficulties
- High blood pressure
- Difficulty sleeping
- Sweating

WHAT TRIGGERS STRESS?

- Personal relationships
- Financial commitments
- Major life events
- Work
- Lack of sleep
- Illness



WHAT ARE THE DANGERS OF STRESS?



Stress-related illnesses include...

- Chronic neck and back pain
- High blood pressure
- Migraine headaches
- Insomnia
- Stomach and intestinal problems
- Depression
- Heart problems
- Stroke

HOW CAN YOU MANAGE STRESS?

Change your...

- Outlook
- Reactions
- Situation





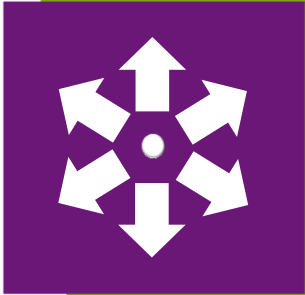
Your outlook

Do you...

- Get bogged down in the details?
- Focus on the negative?
- Feel like everything has to be perfect?

Try to...

- See the big picture!
- Focus on the positive!
- Allow for changes and flexibility!



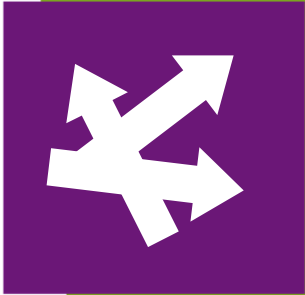
Your reactions

Do you...

- Respond to challenges passively?
- Insist on doing things your way?
- Bottle up your feelings?

Try to...

- Respond to challenges assertively!
- Make room for flexibility and changes!
- Tell people how you feel!



Your situation

Do you...

- Feel like you have no control in your life?
- Let conflict simmer and grow?
- Struggle to get everything done in the time you have?

Try to...

- Make choices about what you can control!
- Resolve conflict quickly and completely!
- Have a clear schedule and manage your time well!

SELF-CARE AND STRESS RELIEF

- Do something you enjoy every day
- Avoid unhealthy choices
- Exercise
- Positive self-talk
- Laugh
- Schedule relaxation time



LIVING A STRESS-LESS LIFESTYLE

- Healthy eating
- Regular rest
- Varied work and play
- Good work habits
- Positive relationships



DEVELOP A SUPPORT NETWORK

- Friends
- Family
- Spiritual
- Community
- EAP



Benefits of the **EAP**

- Face to face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as eldercare, childcare and pet care
- Financial services
- Legal services

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