

Health and Wellness Tip of the Week - Week 39

Monthly Topic

August is Stress Management Month. It's the perfect time to remind employees about the importance of coping with stress.

September 28, 2015

Stress Busting Strategies

Recognize how you deal with stress:

Determine if you are using unhealthy behaviors such as smoking, drinking alcohol or over/under eating to cope. Are these routine behaviors, or are they specific to certain events or situations? Do you make unhealthy choices as a result of feeling rushed and overwhelmed?

Find healthy ways to manage stress:

Consider healthy, stress-reducing activities like meditation, physical activity or talking things out with friends or family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Try not to take on too much at once. Focus on changing only one behavior at a time.

Take care of yourself

Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, walking or playing sports. Take regular vacations and breaks from work. No matter how hectic life gets, make time for yourself.

Reach out for support

Accepting help from supportive friends and family may improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist or counselor who can help you better identify and change unhealthy behaviors.

Source: American Psychological Association



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