

Life's responsibilities can get overwhelming in a hurry. To help manage your stress both at home and in the workplace, try the following tips:

**Take a walk.** Get away from a stressful situation and expel a little energy. Fresh air will help to clear your head.

**Listen to calming music.** Do this both at work and at home. Bring headphones to work to avoid disturbing others.

**Write 'to do' lists.** Organizing your thoughts will help you devise a better plan for getting things done.

**Enroll in a high-intensity workout program.** Try kickboxing or tae bo to punch away negative energy in a safe, healthy manner. Consult with your doctor before starting the program.

**Have a 'can do' attitude.** Approach day-to-day challenges with a positive mindset to avoid getting frustrated with minor setbacks.

**Ask for help.** If you're in over your head with work or obligations that you just can't handle alone, don't be afraid to ask a coworker or friend for assistance.

**Adopt a hobby.** Try a new relaxing activity, such as painting or assembling puzzles.

**Talk about it.** Discuss your stressors with a qualified therapist. Contact your EAP for help finding a dependable, unbiased listener.

**Surround yourself with friends and family.** The right support group can make all the difference in your perception of what matters most. Take the time to set priorities and enjoy your life.

#### Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, seven days a week, at no cost to you or your immediate family. Our Guidance Consultants can assist you with your concerns at: **877-627-4239**

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