

## Coping with Stress

When it comes to coping or managing stress, different techniques and tips work for different people. There is not a one size fits all. Hopefully some of the following tips for coping can prove helpful for you. The idea is not to have a stress-free life, because believe it or not, all stress is not bad. In fact, appropriate and manageable stress provides excitement and interest and can motivate us to seek greater achievement. The lack of stress can lead to boredom. A helpful foundation would be to learn to accept or change negatively stressful situations when you can.

- Resist the need to be right.
- Adjust your expectations so they are realistic.
- Mistakes often provide important lessons and make us more accepting of others' imperfections—don't beat yourself up over them.
- Empower others who come to you for help. Rather than “fixing” it yourself, empower that person to come up with their own solutions. This will boost their confidence and lighten your load.
- Let go of impossible goals—be solution focused on what you have control over.
- Set Boundaries--understand your priorities so you are freer to say no when things come up that may get in the way of what is truly important to you.
- Learn to recognize your trigger points – develop a plan for each.
- Set aside alone time for yourself- How often do you have quiet time...absolutely by yourself with no noise to just be? After all we're called human beings (not human doings).
- Decide to learn something new from each person and situation—leaving your mind open to this, can turn frustrating situations into great learning experiences.
- Resolve incompletes - Take care of it now!
- Challenge pessimistic beliefs.
- Keep it in perspective--ask yourself if this will matter one year from now.
- Accept that the world is not fair.
- Attitude and our thoughts are within our control to change—external circumstances are not.
- Seek support from family, friends, supportive, and/ or professional resources.

Remember that Corporate Care Works, your Employee Assistance Program (EAP), is a great resource for assistance with managing stress. The EAP is a free, confidential, and professional service to all employees and their family member(s) and is available 24 hours a day

**EAP 24-HOUR HELPLINE: (904) 296-9436 or (800) 327-9757**