April is Stress Awareness Month!

Your response to this headline may be, “But I don’t need a special month to make me aware of stress. I’m well aware of it everyday, thank you!” The good news is that your EAP offers you a boatload of services and components to assist you in reducing or even eliminating stress from your life. These include:

“*In the moment*” telephonic counseling available 24/7 when you feel overwhelmed by stress. A professional EAP counselor is always available to discuss your specific situation.

Referrals to local network counselors for in-person counseling assistance.

An online *General Well Being Assessment* to help you pinpoint the specific sources of your stress available at your EAP Information Resources site.

Fifteen videos ranging from *Stress & Sports* to *Stress & Blood Pressure* available at your EAP Information Resources site.

Eighty-four expert articles including 20 *Proven Stress Busters* available at your EAP Information Resources site.

A wide range of online personal development trainings including *Managing Stress* to *Balancing Work and Family*.

Stress does not simply appear out of nowhere as a “condition” nor is it an inevitability. Rather, it accrues from one of four major quadrants of our lives.

**Personal Problems:** Stress can result from lifestyle choices; anxiety; drug and alcohol reactions; eating disorders; gambling compulsions; sexual concerns; unresolved grief or bereavement issues; difficulty navigating life’s transitions; learning disabilities; recurring memories of abuse or mistreatment; chronic pain or illness; reactions to personal trauma and depression to name just a few.

**Family & Relationship Problems:** Many stress reactions stem from marital difficulties; childcare or eldercare challenges; “sandwich” generation issues which include both childcare and eldercare pressures; teen issues; blended families; parenting children with special needs; adoption; domestic violence and military separation.

**Financial & Legal Matters:** Probably the most universal source of stress, these can include overwhelming debt; credit card issues; bankruptcy; retirement worries; divorce and child support; landlord and tenant issues; homeowner concerns; DWI and civil suits; tax liabilities and an inability to budget and live within one’s means.

**Work and Career Issues:** Work related stress; interpersonal difficulties with co-workers; skills development; time management; learning to work as a team member; overcoming negative thinking about one’s work situation; developing a long term career path; learning to supervise successfully; valuing diversity and coping with change.

The good news is that your EAP has solutions to address each of the situations and challenges listed above and more! So why not celebrate Stress Awareness Month by contacting the EAP to finally overcome your unique, personal stressors?