



serving those who serve us

April is Stress Awareness Month!

April 2011 Newsletter

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?