

Self-care to Manage Stress



Self-care is vital for building resilience toward stressors that you can't eliminate. Here are some tips to get you through stressful times:

- **Avoid drugs and alcohol**
 - Drugs and alcohol can create more problems and add to your stress.
- **Find support**
 - Sharing about your stressors with a listening ear can lighten the burden. Your EAP can help, too!
- **Connect socially**
 - Plan fun activities with your partner, family, or friends.
- **Take care of yourself**
 - Eat healthy
 - Exercise regularly
 - Get plenty of sleep
 - Give yourself a break (ex: massage or nature walk)
 - Maintain a normal routine
- **Stay active**
 - Take your mind off your problems with activities like helping a neighbor, volunteering in the community, and taking the dog on a long walk.

**For more tips, information, and coaching,
contact your EAP today!**