

Are you emotionally overwhelmed?

Understanding stress symptoms and addressing them before they overwhelm you can help head off more serious mental and physical health issues down the line. Symptoms to look for:

- Lack of Concentration
- Irregular Heartbeat
- Stomach Upset
- Muscle-Contraction
- Headaches
- Sleep Problems
- Depression
- Anxiety
- Elevated blood pressure

Seven Ways to Cope



Seek support.

Do not wait until you reach your breaking point. Talk to a physician, therapist or your Employee Assistance Program for help.



Try to identify the causes of stress.

By recognizing the real reasons behind your tension, you can learn to feel more in control and change the source of the stress.



Get enough rest.

Doctors recommend at least eight hours of sleep a night for adults.



Exercise regularly.

Experts recommend exercising at least 20 to 30 minutes three to five times a week.



Engage in fulfilling activities.

Take a little time each day for something you like to do.



Avoid caffeine, nicotine and other stimulants.

These common drugs can actually induce stress and anxiety.



Avoid alcohol, tranquilizers and recreational drugs.

Such substances can provoke anxiety, depression and feelings of loss of control.

We could all use a helping hand from time to time.

That's why you have an Employee Assistance Program. Our resources, tools and guidance offer the support you need to get to a better place.

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