



INTEGRIS Corporate Assistance Program

Your Employee Assistance Program

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REDUCE WORK STRESS BY LEARNING TO RELAX

Working in a high-stress environment can take a toll on your mental and physical health. It can also take the joy out of life, if you let it.

Fortunately, you can take steps to help relax and keep job stress from getting the best of you.

Using the following techniques throughout your workday will help you manage your stress, feel better and get more done.

Breathe deeply

Taking a few deep breaths is one of the most powerful techniques available to quickly lower your blood pressure and slow your pulse.

Another technique: While concentrating on your breathing, close your eyes and picture yourself bathed in a blue light.

Go for a walk

To physically break the stress cycle

Take time to reflect

Besides these short-term, stress-reducing techniques, investigating the causes of your stress also can help. It's vital to explore your life and its stress sources.

Ask yourself: Am I doing what I like with my life? Are the decisions I've made genuine, or am I living somebody else's expectations? What steps could I take to improve my life?

You can have the time of your life in a stressful job that you really want to do. The work doesn't affect your health adversely because you've made the decision and have control. You start running into problems with stress-related issues when you relinquish control.

Take care of yourself

Paying extra attention to your health when you're under heavy stress is crucial. The following suggestions can keep you on the right track.

- **Exercise regularly.** Walking, cycling, dancing and doing other aerobic exercise can improve your mood.
- **Eat a healthful diet.** To boost your energy, eat a healthful diet rich in fruits and vegetables, whole grains and low-fat foods.
- **Don't abuse substances.** Alcohol and illegal drugs are closely linked to depression. Their use can contribute to or worsen your condition.
- **Get plenty of sleep.**



For more information or additional counselor support to learn new tools for self-care, please call the INTEGRIS Corporate Assistance Program at 405 947-2688 or 800-677-2729. If you want to search for information visit our portal and register at our website below.

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