

In this issue:

Stress Management

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The Most Important Thing You Do Every Day Is Taking Care of Yourself

Stress overload has been linked to increased health risks. Whether at work, home, in your social circle, or personally—stress will bring you problems.

Exercise

If you want to feel better, have more energy, and perhaps even live longer, look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability.

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns.

Laugh

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're laughing. Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more. Humor shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

Lighten up and enjoy life. Find humor in everyday life. Stop putting so much pressure on you by taking yourself too seriously. Laughter is the best medicine.

Rest and Relaxation

Rest and relaxation are the recharging port for your brain and body. Determine how much sleep you need every night and then try to get it. Eight hours is the recommended time period, however, that varies slightly from person to person.

Turn that TV off. Watching television in bed will keep you from getting enough sleep. Take a hot bath. Decide that it is okay that you are not Superman or Superwoman. Determine sometimes that enough is enough for one day.

Healthy Eating

Make an extra effort to eat healthy. For between meal snacks try either one or a combination of raw fruit and raw vegetables. Allow yourself an occasional treat.

Communicate Honestly

Learn to be honest with yourself and others. It will be good for both you and them.

The most important thing you can bring into any relationship is honesty. If what you're saying isn't true, then nothing real is being shared. Speak your truth, as much as you are able, with clarity, kindness and gentleness. When you dodge the truth out of fear for how it will be received, you only build bigger walls in your relationships. When you communicate your truth from a place of respect, you're always reinforcing the strength of your connection with your partner, friends or coworkers—no matter the response. You have to be honest.

Take responsibility. You are in control of the way you communicate with others. Make a conscious effort to bring honesty into your communications, and you're bound to see and feel some very positive changes in your relationships.

Be Assertive

Because assertiveness is based on mutual respect, it is an effective and diplomatic communication style. Being assertive shows that you respect yourself because you're willing to stand up for your interests and express your thoughts and feelings. It also demonstrates that you're aware of the rights of others and are willing to work on resolving conflicts.

Of course, it's not just what you say, but also how you say it that's important. Assertive communication is direct and respectful. Being assertive gives you the best chance of successfully delivering your message. If you communicate in a way that's too passive or too aggressive, your message may get lost because people are too busy reacting to your delivery.

Stand up for your rights and feelings. Always take others into consideration. Always treat your coworkers the way you want to be treated.

Keep a journal

Writing about stressful life experiences is therapeutic and can be good for your mental, emotional and physical health and well-being. Write down some of the things that are going well. This will help you see that things are more balanced than they may seem at the moment.

Keep Your Personal Life Personal

There are some things that we just ought not to bring to work with us. Problems at home need to stay at home.

Don't Gossip

Gossip is generally perceived as talk about the behavior and personal lives of other people. It can get you into trouble; damage your relationships; and damage your reputation.

Find Pleasurable Hobbies

Do something that you enjoy doing. Do something with your hands. Be creative. Adult coloring books, jigsaw puzzles, painting or building something are all good ways to clear your mind and focus on what is in front of you.

Stop Worrying

Gain a healthy perspective and focus on today. You can't change what happened yesterday. You have no control over tomorrow. So stop wasting energy and focus on the most important day—today!

Take Action

Make a list of your past accomplishments and refer to it whenever you need a boost. Spend time with family and people you love. Don't just talk about doing something. Do it! Do anything!

Alcohol and Drugs

Don't try to reduce stress by substance use. It may feel better temporarily, but it is only temporary. In the long run it will cause increased stress, and other problems.

If You Need Help with Addiction or Another Problem,

call Archbold's Employee Assistance Program for an appointment today at 877.327.2724 toll-free or 229.228.2210 in Thomasville. We offer free and confidential problem assessment and resolution for your organization's employees and dependent family members.

