Momentum

Coping with stress

AVAYA

Employee Assistance Program
and Family Resources
1-877-804-9753

Contact your program

24/7/365

for confidential, no-cost help for you and your household members.

Live Webinar—Join us Wednesday, July 8 for A Stress Relief Toolkit – Tips and Tools for Managing Stress. Register here.

You can stress less

The unusual changes this country has undergone recently are bound to have caused uncertainty and worry for many Americans. At times of dramatic change, it's important to recognize that the buildup of multiple stressors can have a harmful impact on both mind and body. Here are ways to identify and address stress.

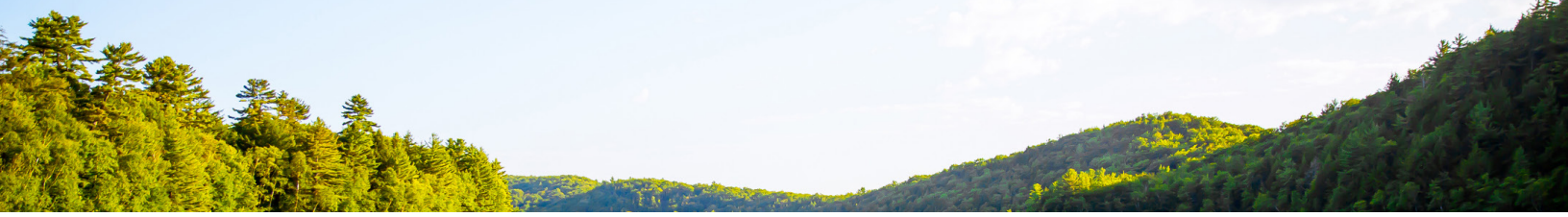
- Be aware of the symptoms of stress: muscle tightness, headaches, fatigue, sleep problems, high blood pressure and digestive problems. Stress also often causes restlessness, anxiety, irritability and depression.
- Identify your stressors and think creatively about how you might better manage them.
- Talk out your stress. The act of discussing your uncomfortable challenges with someone close to you—and getting support and empathy—is an excellent way of blowing off steam and relieving stress.

Tips for keeping stress in check

1. Getting regular exercise is vital to reducing today's stresses. Take a brisk 20- or 30-minute walk or bike ride, power through a workout, or do whatever vigorous exercise you prefer.
2. Be sure to set personal limits and say "no" to others' requests that create too much stress for you. Clearly establish your priorities, and let go of other concerns.
3. Make time for yourself. Even 10 minutes a day of "personal time" (whatever that means to you) can help refresh your mental outlook and slow down your body's stress response systems.

Log on to MagellanAscend.com today!

Magellan HEALTHCARE



Mind Your Mental Health

July is Make a Difference for Children Month

Making a difference for a child is not a complex or intangible concept. If there are children in your life, consider these simple steps.

1. **Be fully present.** Enjoy your next meal with a child sitting down at a table without electronics.
2. **Listen well.** If you notice a child having a bad day, do something simple together like a walk, bike ride, a craft or playing catch. Encourage them to express their thoughts.
3. **Don't avoid stressors.** If a child is anxious, rather than trying to ignore or remove what's causing the anxiety, talk to the child about the feared situations and develop coping tactics together.
4. **Be reassuring.** Let a child know that it's normal to sometimes feel angry, scared, worried or tense—and that other people (including you) share those feelings. Tell them you're confident they can conquer a challenging situation with some basic problem solving.

Visit www.MagellanHealth.com/MYMH or call your program for confidential mental health resources.

Working on Wellness

Stay well by connecting with your social network

- Social Wellness Month, observed in July, reinforces how important social interaction and networks are to helping people live longer, respond better to stress and fight off illness.
- Socialize positively with others by joining a group (a book club, sports team, exercise class, hobby club or support group), or reconnecting with an estranged friend or family member.

Daily Diligence

Identify stress management tools that work for you

- There's no one-size-fits-all stress relief strategy. Find out what works best for you. Consider using deep muscle relaxation, where you progressively tense and relax each muscle group from your forehead downward.
- Practice mindfulness for a few minutes. It involves being fully in the moment and letting go of fleeting thoughts. Simply pay attention to what you see, hear, taste, touch, and smell.

75 % of Americans experienced moderate to high stress levels in the past month.

Source: The Global Organization for Stress

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