Looking for ways to feel less stressed?
Find out how LifeWorks Wellness can help.

Having a hard time managing everyday stress? No matter what’s causing stress in your life, finding strategies to relax during busy or difficult times can give your body and mind a chance to relax and calm down. Here are a few quick tips.

• **Try to identify the source of your stress.** For example, if you’re worried about your workload, you could talk to your manager to find a way to address it.

• **For problems and challenges that cannot be handled so directly, learn techniques and practices for managing stress.** Some sources of stress can’t be eliminated, such as a health issue or worries about a child’s behavior. To manage these kinds of stressors, you may need to take different steps that you practice and master over time.

• **Learn and practice relaxation techniques.** Try deep breathing, meditation, visualizing yourself in a peaceful place, or just sitting quietly for a few minutes each day to gather your thoughts.

• **Take care of yourself.** Eating a healthy diet, getting regular exercise, and getting enough sleep will help you find the energy you need to cope well with stress.

• **Make time for family and friends.** Research shows that having strong ties to others has a positive effect on your health and ability to cope with pressure.

If you want to find more ways to manage stress, LifeWorks Wellness can help. You can work with a personal health coach on the phone or online to help you identify the sources of your stress and create a plan to manage everyday ups and downs. You can also explore our online resources including workshops on anxiety, social stress and much more.

**Call LifeWorks at 888-267-8126 and ask about how health coaching can work for you or visit [www.lifeworks.com](http://www.lifeworks.com) (username: university; password: dayton) and click on the Wellness feature to enroll online.**