

Support for *Stress Management*

Stress is the physical and emotional pressure, tension, and strain people feel when they experience difficult and frustrating situations in their lives.



If stress starts to affect how you feel or function, these support tools can help you reset and recharge:

**Identify the stressors, or the causes of your stress:**

Once you have identified, you can try to eliminate them from your life, or at least work to minimize their impact.

**Keep a schedule to help plan events:**

Preparing ahead of time for these situations will allow you to anticipate and better handle any anxiety, angst, or nervousness you might feel or encounter.



Spend time doing things you like: Fishing, hiking, exercising, listening to your favorite music, and even doing a puzzle are all activities that can ease tension.

**Perform relaxation techniques:**

Activities like deep breathing, stretching, positive visualization, yoga, and meditation are proven ways to reduce stress.



Get enough sleep: Get seven to nine hours of sleep each night. Not getting enough rest makes us irritable and less productive.

**Talk with a therapist or counselor:**

Sometimes problems or situations become too overwhelming for people to deal with on their own. Professional therapists and counselors can help.

How can we help?

If you're feeling stressed, your GuidanceResources® Employee Assistance Program can help. Call **888.327.7501** or log on to guidanceresources.com using your organization's Web ID: **STATEFARM** to connect with confidential counseling, work-life support, and other support to help balance your emotional load. Talk to us for:

- Confidential counseling to help identify and address your unique stressors
- Well-Being Coaching to improve diet, exercise, sleep, and time management habits
- Financial and legal guidance

24/7

Live
Assistance

Call: 888.327.7501

App: GuidanceNowSM

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