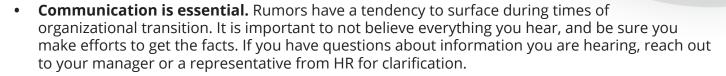


## Stress Management During Times of Transitions

When stress on the job interferes with your ability to work, care for yourself or manage your personal life, it is time to take action.



- **Maintain a positive attitude.** Remember you may not be able to control the situation, but you can control your reactions to it. To maintain a positive attitude, you may need to adjust your expectations and limit your exposure to negative people.
- **Stay focused.** Keep doing your job. Your energy is better spent focusing on your job duties, than focusing your mental energy on the unknown/situation beyond your control.
- **Maintain a sense of humor.** It helps you keep things in perspective and aids in maintaining a positive attitude. Laughter has been proven to elevate mood through the increased release of endorphins or "feel good" hormones into the body. Laugh often!
- **Practice healthy stress management techniques.** Getting sufficient rest, eating a balanced diet and exercising go a long way to managing thoughts and emotions associated with stressful situations. Remember to avoid the use of caffeine, nicotine and alcohol as coping strategies.

While these tips apply to a work environment, do not forget the value of your personal connections and social outlets. Together they will add balance and foster resilience during a difficult, stressful period.



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.



TOLL-FREE: 844-243-4440

WEBSITE: usg.mylifeexpert.com

CODE: USGCares

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