



A Message from your EAP



Getting a handle on Daily Stress

Recognize that most stressful situations are temporary and will pass. Above all, keep a positive attitude. Channel the energy you feel when you're stressed into a plan for changing the situation.

Easy Exercise

Find a quiet place; take a minute to notice your breath – the sound, the rhythm and the movement of your chest. Engage your sense of smell, sound and touch. Breathe deeply, all the way down to your belly button.

Take the pressure Off

Do something active – physical activity gets your heart pumping and sets your mind free of stressful and negative thoughts.

Take a deep cleansing breath – Inhale deeply to a count of 8, then exhale slowly. Close your eyes and feel the air flowing.

Enjoy a peaceful break – Spend some time reading or contemplating restful thought and images.

In this fast-paced world, nearly everyone deals with stress. You know the typical triggers – looming deadlines, family pressures, traffic jams and money worries. Chronic unresolved stress is serious business when it hurts relationships. It eventually will hurt your health too.

Your EAP is here for you...Call us today!!

We are here when you need us! Remember call your EAP it's FREE!!

Counseling, Legal Consultation with an Attorney, Financial/Budget Consultation, & Elder Care
716-488-1971 or 1-888-490-7674