

# Employee Assistance Program

## Coping with Stress

As we enter the third year of the pandemic, it is no surprise that many are experiencing heightened levels of stress. Even though there are many things happening that are beyond our control, there are still some steps to take to help reduce stress.



- **Communicate with Your Colleagues.** If you can identify something controllable at work that is adding to your stress, communicate your needs to your coworkers, supervisors, or employees. Work together to problem solve around how the situation could be improved.
- **Increase Your Sense of Control.** Develop consistent, daily routines that help provide you with what you need. You may need to recharge alone, a chance to connect with others, or time to get outdoors. Whatever it is, work out a concrete plan that enables you to meet your needs. This is not selfish—it is looking out for your mental health.
- **Be Kind to Yourself.** These are not normal times, and it is okay to feel angry, irritable, disappointed, unmotivated, sad, restless, maybe even guilty for feeling okay—so many feelings emerge. It is important to acknowledge the feelings and give yourself grace.
- **Connect with Others.** Talk to people you trust, and who may even be going through something similar, about how you are feeling or about your concerns. Getting negative feelings off your chest and knowing others relate can help reduce stress.
- **Where to Get Help.** If you are finding your stress is becoming overwhelming, it may be time to reach out for assistance. Your employer has made it possible for you to receive free, confidential counseling through Acentra Health, your Employee Assistance Program. Setting up counseling is easy—just call Acentra Health at the toll-free number to get started today.

*"Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic". Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/stress-coping/employee-job-stress/index.html> Accessed January 19, 2022.*

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