




# Feeling stressed and stuck? Here's help.





**Our lives today are ever more complex, fast-moving and changing, increasing our stressload in any number of ways. It can feel like there is no way out of it.** But feeling overwhelmed and fatigued doesn't have to be a way of life. These tips will help you gain control of your stress to feel more balanced so you can function at your best.


 **Identify the key source.** Is it too many deadlines or personal obligations? Getting to specifics can help lead you to the solutions.


 **Make an action plan.** Some examples: Ask your supervisor about adjusting a deadline or delegating responsibilities; stock up on audiobooks to ease your commute.


 **Simplify expectations and let go of perfectionism.** Instead of staying up late to bake the perfect cake for an event, opt to buy cupcakes instead, for example.

 **Prioritize your to-do list.** Time management is a major stress reducer! Figure out what tasks are most important and finish those first.

 **Just breathe.** Breathing in deeply through your nose, fully expanding your abdomen, and exhaling slowly through your mouth can quickly calm your nervous system and short-circuit the stress response.

 **Blow off some steam.** Find an activity or hobby that gives you a lift, whether it's reading, yoga, crafts, listening to music, or just playing with the dog.

 **Work it out.** Even brief physical activity helps release the "feel-good" brain chemicals that can boost a sense of well-being.

 **Talk about it.** Talking through stressful moments can help to release pent-up tension.

**We're here to help.** Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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