



Mindful Approaches to Cope with Stress

A recent poll found that 69% percent of workers say the coronavirus pandemic is the most stressful time of their entire professional career. Everyone copes with stress differently and COVID-19-related stress may not manifest in the same way for everyone. It's important to be gentle with yourself and approach each day with patience and empathy. Understand that you may not readily bounce back, and your work routine may not resume its usual course right away. Adjusting your practices and managing expectations will go a long way towards speeding the transition towards your "new normal." Remember, the EAP is available and can help with almost any issue. EAP resources are FREE to you, your dependents, and all household members.

Confidential Counseling

- EAP counseling includes free and confidential face-to-face sessions (available by phone or video, if preferred).
- Our staff clinicians talk with you, thoughtfully assess your issues, and then connect you with the most appropriate services, based on your individual needs.

Work-Life Resources

- Child/Eldercare Support
- Financial Counseling Services
- Legal Counseling Services
- Community Support Resources
- Peer Support Groups

Source: <https://hr executive.com>

Tips to help cope with stress:

Make self-care a priority. Exercise daily, get plenty of rest, address your own needs and feelings regularly, and make an effort to eat healthy.

Start a mindfulness practice. Mindfulness can help develop self-awareness and the ability to cope with feelings of stress. Pay attention to the present moment with openness, slow down, connect with your breath to relax your mind and body.

Create a resilience routine. Take a proactive approach to dealing with stress. Make exercise, meditation, yoga and other relaxation techniques part of your daily routine.

Make time for activities you enjoy. Read a good book, watch a comedy, play a fun game, or make something—it doesn't matter what you do, as long as it takes you out of your worries.

Remember to laugh. Laughter is the best medicine and it's free. Laughter can reduce the pain you feel, both body and mind, and help to minimize the issue at hand.

Access Online Wellbeing Resources

Go to ibhsolutions.com/members to access free online stress reduction tools and wellbeing resources including mindfulness meditations, MyStressTools, yoga classes, resilience courses, self-care practices, healthy recipes and more to help you stay emotionally and physically balanced both at work and at home.