

Managing Symptoms of Stress



Stress is a normal part of life caused by both positive and negative influences and it affects us in several different ways. While it might be more obvious for some than others, many of us are experiencing increased levels of stress during this time.

Here are a few tips for coping with common issues caused by stress.

Sleep problems

Trouble falling asleep, staying asleep, or waking up too early?

STEP 1: Read boring material



STEP 2: Re-enter bed when sleepy

Worry

Is it helpful or unhelpful worry?

HELPFUL WORRY



Problem we can take action on to solve immediately

UNHELPFUL WORRY

Questions or scenarios without immediate resolution. Write it down and come back to it later.



Conflict

Feeling irritable with others and frustrated with situations? That is common when the nervous system is stretched thin.



Try slow, diaphragmatic breathing

Remind yourself that you and everyone else are doing the best you can with the situation



Loneliness or hopelessness:

Do you feel alone? You're not—everyone is struggling in some way.

Know that the time is limited, ride the wave, and get creative



Part of being successful in life is sitting in one season, knowing another will soon take its place



This content was adapted from: Lindsay Bira, Ph.D.

Our Wellness Program Manager **helps companies develop remote and on-site wellness programs** to keep employees happy and maintain productivity.

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