

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.

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

Sleep problems

STEP 1: Read boring material





STEP 2: Re-enter bed when sleepy

Is it helpful or unhelpful worry?

Worry

HELPFUL WORRY



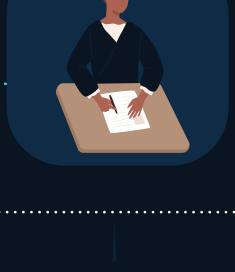
Questions or scenarios without

solve immediately

Problem we can take action on to

come back to it later.

immediate resolution. Write it down and



UNHELPFUL WORRY

That is common when the nervous system is stretched thin.

Try slow, diaphragmatic breathing

Conflict

Feeling irritable with others and frustrated with situations?

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



limited, ride the wave, and get creative

Know that

the time is











life is sitting in one season, knowing another will soon take its place

Part of being

successful in

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

wellness programs to keep employees happy and maintain productivity.

Our Wellness Program Manager helps companies develop remote and on-site