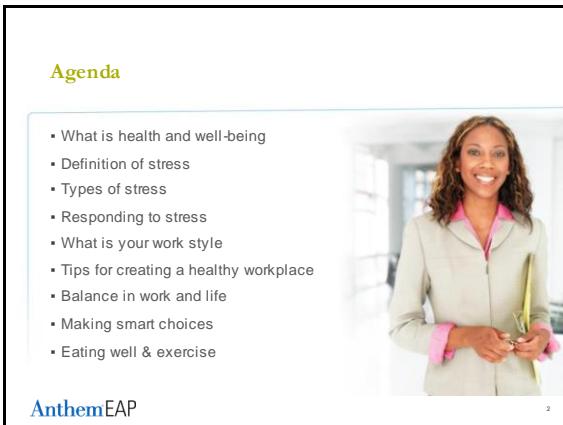
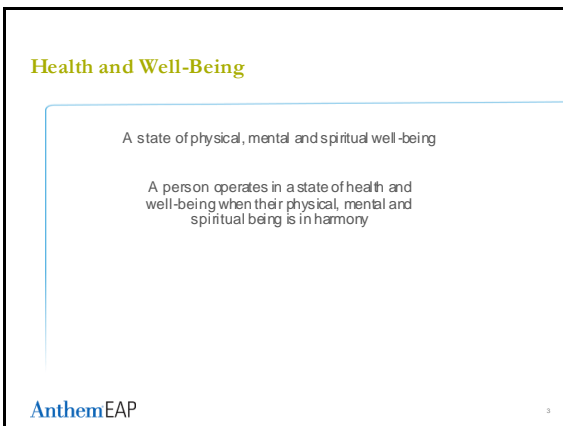




1



2



3

Definition of Stress

Stress is the way an individual responds to a specific event commonly called a trigger.

Let's look at the two types of stress:

- Internal
- External



AnthemEAP

4

Types of Stress

Internal

- Individual stress – helpful or unhelpful
- The stress which motivates us to achieve and be creative
- Stress that we are able to control

External

- Unregulated stress
- Happens from one second to the next
- Slow moving
- Initiated



AnthemEAP

5

Responding to Stress

You can't always control your stressors, but you can always control your response

There's a hurricane and you lose power.
What now? What can you do?

AnthemEAP

6

What is Your Work Style?

High Stress Work Style

- Fast-paced
- Competitive
- Sense of urgency
- Multi-tasker
- Becomes irritable when goals are not met

Low Stress Work Style

- Calm demeanor
- Seeks explanations
- Works collaboratively
- Can lead and be led
- Paces self
- Sets reasonable goals

AnthemEAP

7

7

Work Styles (Continued)

High Stress Work Style

- Obsessed with numbers; measures success in terms of numbers
- Tense body; stomach in knots, clenched jaw, tight lips, and muscles
- Sits on edge of chair; eats quickly; fidgets
- Increased heart rate and pulse
- Cuts off others, finishes their sentences; speaks rapidly
- Doesn't demonstrate concern for others

Low Stress Work Style

- Doesn't have strong need to display or discuss achievements
- Relaxed body, smiles, eyes rested
- Doesn't fidget; can sit quietly
- Normal heart and pulse rate
- Listens with full attention and focus; doesn't interrupt; pleasant tone of voice
- Speaks at a good pace
- Demonstrates concern for others

AnthemEAP

8

8

Tips for Creating A Healthy Workplace

- Balance in work and life
- Make smart choices
- Eat healthy and exercise
- Create a personal stress management plan



AnthemEAP

9

9

Balance in Work and Life

- Establish priorities, responsibilities, and objectives
- Eliminate unnecessary and inappropriate activities
- Plan and schedule the use of your time, weekly and daily
- Make optimum use of your peak time
- Delegate as much as possible
- Include room for the unexpected
- Eliminate or reduce as many distractions as possible
- Set goals
- Plan your work space
- Learn the art of saying "no"

AnthemEAP

10

10

Stop: Make Smart Choices

- Be clear about the outcome you want
- Understand that you do have a choice
- Ask, whose choice is it?
- Ask, can I decide?
- Ask, what do I choose to do?
- Ask, What are the pros and cons of my choice?
- Evaluate the results against the desired outcome

AnthemEAP

11

11

Eat Healthy

- Make informed food choices
- Eat a variety of different foods
- Eat foods rich in nutrients
- Eat five servings of fruits & vegetables
- Eat from 5 food groups
- Maintain healthy body weight
- Eat in moderation
- Eat three meals a day
- Drink 1.5 liters of water a day
- Use fats, oils & sweets sparingly



AnthemEAP

12

12

Exercise

Three Kinds of Exercise

- Aerobic – Body uses oxygen for energy for sustained period of time increases heart and breathing rate
- Anaerobic – Intense strength-building exercise; frequently resistance strength training; Strengthens muscles by repetitive movement
- Flexibility - Warms up muscles for aerobic exercise and keeps body limber



AnthemEAP

13

13

Office Exercise

- Add moments of movement
- Stretches
- Lunch routine
- Get the lungs working



AnthemEAP

14

14

Ergonomics at your desk

- Sit up straight
- Feet flat on the floor
- Arms parallel with floor
- Wrists resting on table while using keyboard
- Shoulders down
- Eyes level with top of computer
- Chin down



AnthemEAP

15

15

Create A Personal Well-Being Plan

- One minute of deep breathing three times a day
- A half hour walk twice a day
- Take a 15 minute spiritual journey
- 24 hours of positive thinking
- 10 minutes of inspiration reading
- Take as many emotional vacations as needed
- Give yourself at least three affirmations a day
- Frequent conversations with close friends

AnthemEAP

16

16

Takeaway: What to do now?

1. Change your attitude
2. Give yourself a self-assessment
3. Just do it



AnthemEAP

17

17

Call Your EAP Today!
800-999-7222
Or go to our website at
AnthemEAP.com
Login: Fulton



How EAP Can Help...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength
- Comprehensive website
 - Resources
 - Self assessments
 - Health/wellness library
 - Legal forms

AnthemEAP

18

18

QR CODE FOR EVALUATION



AnthemEAP

19

19

Thank you!



AnthemEAP

EAP products are directly Anthem Life Insurance Company in New York, Anthem EAP products are directly Anthem Life Insurance Company in California, Anthem EAP products are directly Blue Cross of California and Anthem Life Insurance Company in California. Anthem EAP products are directly Blue Cross of California and Anthem Life Insurance Company in California. Anthem EAP products are directly Blue Cross of California and Anthem Life Insurance Company in California. Use of the Anthem EAP website constitutes your agreement with the terms of use.

20

20