

Momentum

Managing work-life stress

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831



The signs of stress

- ✓ Stress manifests with mental and emotional effects like attention problems, anxious or racing thoughts, constant worry, irritability, depression and feeling overwhelmed.
- ✓ Physical signs of stress include muscle tension, aches and pains, fatigue, high blood pressure, digestive troubles and sleep problems.
- ✓ Prolonged stress often leads to burnout that can destroy your energy levels, cause unusual mood swings and lower your work performance.
- ✓ Contact your program for ideas, information and resources that can help you manage stress.

The juggle is real

Does it feel like you're often juggling too much in life, and you're afraid that you'll soon start dropping things? If so, you're not alone. Keeping up with packed schedules—getting it all done, while taking care of those around us—is a well-recognized challenge today. The struggle can lead to illness, depression and strain on our most meaningful relationships. Adopting some basic stress management techniques can help.

- Identify and stick to your priorities. For example, closely scrutinize where you allocate time in your typical workday. Rearrange as needed so you're focusing mostly on important tasks.
- Whenever possible, fully unplug from work issues at home. Your body and mind require a clean break from the workday.
- Enlist a support system at home and work. Learn to delegate.
- Recognize early warning signs of stress. Fit in stress-releasing activities.



Webinar—On Wednesday, July 10, join our webinar: *Your Survival Guide for Creating Balance and Managing Work-life Stressors*. Register [here](#).

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Mind Your Mental Health

Families are great sources of nurturing and support, but even the healthiest families aren't immune from stress.

- If you're unsure of how stress might be impacting your family, [review this tip sheet](#) including a checklist to help identify stress factors, along with practical ideas for cutting stress in your household.
- You may underestimate how much strain a super-busy schedule imposes on your children. They get stressed out too! [This tip sheet](#) examines common sources of childhood stress, how to spot its symptoms, and how to help children and teens cope.
- Many Americans care for family members with disabilities or chronic illnesses. While the caregiving experience can be rewarding, it's also usually draining. [Consider these tips](#) on how to get support and take care of yourself better.

Working on Wellness

It's tough to eat healthy when you're not at home. Strive to stay disciplined and not overeat!

- At restaurants, order food that's grilled instead of fried. Choose sides like fruits, soups and salads instead of fries or onion rings.
- When traveling, research restaurant menus in advance to avoid making impulsive, unhealthy food choices. At social gatherings, alternate drinks of water with the higher-calorie beverages.

Daily Diligence

Keeping things simple in your daily life will help you ward off excess stress.

- Manage your time better by cutting or delegating activities you don't enjoy or can't currently handle. Ask for help!
- It's fine to respectfully say "no" to requests sometimes.
- When a new challenge appears, calmly analyze it, consider your options, and choose the path that involves the least complexity and time.

Additional sources: Mayo Clinic, Forbes.com, Mental Health America, Greatist.com.

The effects of stress on U.S. adults

77%

Regularly experience physical symptoms caused by stress.

76%

Cite money and work as the leading causes of their stress.

48%

Report lying awake at night due to stress.

31%

Say they have difficulty managing work and family responsibilities.

Source: American Psychological Association, American Institute of Stress.