



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.

Here are a few helpful tips to help you 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.

Confidential Counseling

Access to confidential short-term counseling sessions available face-to-face, by phone or video.

Work-Life Resources

- Child/Eldercare Support
- Financial Services
- Legal Services
- Health & Wellbeing
- Peer Support Groups

We are here for you and your family.

Visit the member website to get support or to access online work-life resources.

Call Uprise Health: 800-395-1616

uprisehealth.com/members

*Ask your employer for the access code to login or call us for assistance.