

# EAP Newsletter – December 2024

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## How to Beat Serious Stress

Every day we face stressful events. Most of these events are minor. But other events are clearly major sources of stress. These include things such as a separation or divorce, or trouble at home or work.

You may need help from others, such as a professional counselor, to get a handle on a stressful situation. They can help you plan and implement changes to ease your stress. You also need to look at the resources available to help you understand and work through the problem.

When you're faced with a highly stressful event in your life, these methods may help you cope:

**Don't make unneeded changes in your life.** Instead, save what energy you have for dealing with the major stressor at hand. If possible, try to make your work and home environments stable while working out the main problem.

**Quiet your mind.** Use deep breathing and visualization methods to calm your mind and slow your breathing. When you're stressed, your mind can make things seem worse. It does this by creating endless versions of coming disaster. This affects your body, too. The body can't tell the difference between what's real and what's not. So, it reacts with a greater physical response.

**Stay in the present**

**Bravely and aggressively face the stressor.** Don't just ignore whatever is causing you stress. Instead, carefully think about the seriousness of the problem. But don't blow it out of proportion. Ask yourself, "What's the worst thing that is realistically likely to happen?" Then remind yourself of all the good things that will still be a part of your life even if the worst happens. Talk with others to confirm your view of the stressor. Make a special effort to speak to family, friends, or co

# The Power of Laughter

One aspect of self-