

## Educators' EAP | Stressed out? Listen to your gut!

Educators' EAP <clientservice@theeap.com>

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### *Please Share with Your Employees!*

Hello,

When things don't go quite right, that gut-churning feeling, irritability, or anxiety you experience might be signs that you need to learn how to better manage your stress!

We all experience stress, but there's good stress and bad stress.

Good stress energizes us and equips us to face challenges, such as participating in sports, competing for a new job or a promotion, or taking a trip to an exotic location.

Bad stress can kick in from dealing with problems such as debt, grief, and any number of other life events, both large and small. Too much bad stress can translate into headaches, insomnia, stomach cramps, digestive problems, anger, and more. Over the long term, it can be a factor in serious health conditions, such as depression, high blood pressure, and heart disease.

If too much bad stress is eating away at you, listen to your gut and get help. Your EAP can help you learn to better control your reactions through healthy and productive stress management techniques. **Tools include:**

- One-to-one professional coaching for Stress Management & Resilience.
- Telephonic counseling from clinical professionals 24/7/365 for stress, anxiety, depression, mental health issues, and more.
- Online self-help resources, trainings, and video courses related to stress management.
- Special coaching programs and tools to help with underlying issues that can cause stress, such as debt and on-the-job-conflict.
- Health and wellness tools that address fitness, sleep and nutrition, and healthy strategies that can help minimize stress.

Call 800-252-4555 or visit [www.theEAP.com/Educators-EAP](http://www.theEAP.com/Educators-EAP)



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