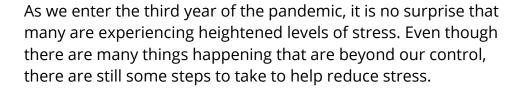
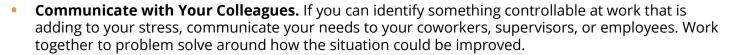
Coping with Stress





- **Increase Your Sense of Control.** Develop consistent, daily routines that help provide you with what you need. You may need to recharge alone, a chance to connect with others, or time to get outdoors. Whatever it is, work out a concrete plan that enables you to meet your needs. This is not selfish—it is looking out for your mental health.
- Be Kind to Yourself. These are not normal times, and it is okay to feel angry, irritable, disappointed, unmotivated, sad, restless, maybe even guilty for feeling okay—so many feelings emerge. It is important to acknowledge the feelings and give yourself grace.
- **Connect with Others.** Talk to people you trust, and who may even be going through something similar, about how you are feeling or about your concerns. Getting negative feelings off your chest and knowing others relate can help reduce stress.
- Where to Get Help. If you are finding your stress is becoming overwhelming, it may be time to reach
 out for assistance. Your employer has made it possible for you to receive free, confidential counseling
 through Kepro, your Employee Assistance Program. Setting up counseling is easy—just call Kepro at
 the toll-free number to get started today.

"Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic". Centers for Disease Control and Prevention. https://www.cdc.gov/mentalhealth/stress-coping/employee-job-stress/index.html Accessed January 19, 2022.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free: 1.800.999.1077

Website: www.EAPHelplink.com

Code: DOUGLAS