

HELPING YOU COPE WITH STRESS

Stress often starts as something harmless. It is a part of life that affects everyone. Short-term pressures and stressful situations such as moving or traffic can be harmless. Stress can even help you focus your energy and effort toward performing your best. When you experience stress over time or many challenging situations all at once, you can begin to have challenges.

STRESS WARNING SIGNS

Knowing your stress level is too high is important. Here are some warning signs:

- Chest, neck, or back pain
- Frequent anger, irritability, or sadness
- Headaches
- Inability to focus or remember things
- Lack of energy
- Muscle tension
- Nail biting, teeth grinding, or jaw clenching
- Skin breakouts
- Eating changes, such as eating too much or eating less
- Sleep problems
- Upset Stomach

• Adapted from Anthem SHBP "Helping you cope with stress"

Free Confidential Help for Your Mental Health is Available

Free Confidential Counseling, Free Legal Consultation, Free Financial Consult, Informational Website, Child and Elder Care Referrals and Resources, Daily Living Referrals and Resources, Essential Wellbeing.

Many free, valuable, and confidential services and resources are included in the **Georgia Public Education Employee Assistance Program (EAP)**, all of which are focused on building and maintaining your mental and emotional wellbeing. The EAP is available to ALL public-school, PreK-12 teachers and K-12 employees who work at least 29 hours a week.

Services and Resources

- Up to four free counseling sessions per issue, per year with a licensed counselor
- Free 30-minute consult with an experienced attorney; reduced fees for additional time and services
- Free 30-minute consult with a financial professional; reduced fees for additional time and services
- Referrals to available care and resources for your loved ones
- Assistance finding services for such daily life issues as home repairs, moving, pet care and travel planning

Important Facts to Know

- A master-level clinician is always available to help
- Assistance is offered 24 hours a day 7 days a week 365 days a year
- Household members and dependents up to the age of 26 are eligible for ALL services
- EAP is provided as a partnership with Georgia Department of Education and Acentra Health, formerly Kepto

How to Contact

- Call **866.279.5177** for services, referrals and questions
- Informative interactive website at www.eaphelpink.com code: GaDOE

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LONG-TERM STRESS CAN DAMAGE YOUR HEALTH

Studies show a link between long-term stress and health problems including:

- Heart Disease
- Digestive Problems
- Asthma
- Anxiety or Depression
- Obesity
- Memory Problems
- Skin Problems

Talk with your family doctor if you are experiencing any of these or other health problems.

REDUCE YOUR STRESS

To help lower stress, try:

1. Improve situations that you can control

- Set realistic goals on what you can do
- Plan ahead and develop a routine, such as going to sleep at the same time each night
- Prioritize what's important when many things need your attention
- Ask for help from family and friends

2. Find ways to manage stress:

- Try relaxation techniques such as deep breathing and meditation
- Start an exercise routine, under the advice of your physician
- Confide in trusted friends or loved ones
- Contact the HCS Employee Assistance Program for other stress management techniques.