

# Quick Stress Awareness

*Stress can manifest itself in different ways. Be sure to watch for:*

## PHYSICAL

Tiredness, headaches, back pain, difficulty sleeping, indigestion, tight muscles

## MENTAL

Forgetfulness, poor concentration, boredom, worry, poor teamwork

## EMOTIONAL

Irritability, depression, anxiety, fear, apathy, increased sensitivity to criticism

## RELATIONAL

Loneliness, withdrawal, intolerance, relationship problems

## BEHAVIORAL

Procrastination, eating problems, risk-taking, substance abuse, poor time management

## SPIRITUAL

Emptiness, loss of beliefs and sense of meaning, cynicism, compassion fatigue

# Calm is Contagious

*Coping strategies in the moment to get you through:*

## SENSIBLE EATING

Reduce the amount of caffeine and stimulants you may be consuming. Schedule and take lunch and snack breaks. Eat the RAINBOW and keep a nutritious balanced diet. Keeps healthy foods on hand along with water and gum.

## PUSH PAUSE

Take breaks and walk outside. If your concentration is off take a break and do something that calms and centers you. Being cooped up inside can intensify isolation feelings. Identify a designated stop and start time for your work day and follow it.

## RELAXATION

Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. Breathing helps reduce the stress in the moment. Visit [www.go.osu.edu/justbreathe](http://www.go.osu.edu/justbreathe). Repetitive activities can also be calming, such as cleaning and organizing, playing solitaire, art expression. Take a minute to yourself, even if it is just one minute.

## EXERCISE

Practice chair yoga, take a quick walk, do some jumping jacks in place.

## COMMUNICATE

Tell someone how you're feeling and ask for help. Tell others when you are reaching your limit. Debrief after a difficult situation. Stay in touch via phone, social media, email, facetime.

## REMINDE YOURSELF

You are brave and empathetic enough to withstand this distressing time and you make a difference to each person who you help. Affirm that you can and you will get through this.

## We Are Here For You!

### Ohio State Employee Assistance Program

(800) 678-6265

[EAP@osumc.edu](mailto:EAP@osumc.edu)

[osuhealthplan.com/OhioStateEAP](http://osuhealthplan.com/OhioStateEAP)

**NEW!** Connect by using TESS, our Chatbot. Start chatting, by texting "HI" to 415-360-0023. Use the code "Buckeyes" when prompted.



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