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.

**REMIND 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.

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We Are Here For You!

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