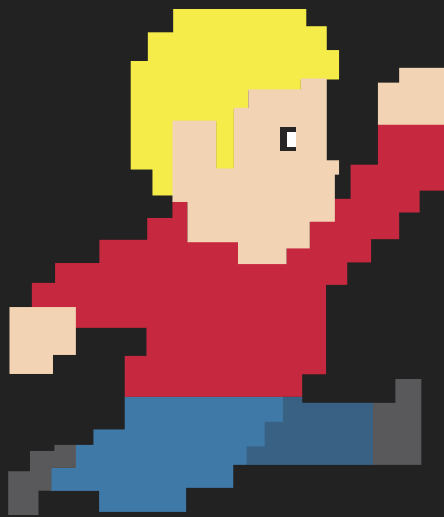


REDUCE STRESS

LEVEL-UP YOUR LIFE WITH
STRESS REDUCTION

MOVE YOUR BODY



JUST 30 MINUTES A
DAY OF WALKING CAN
BOOST MOOD AND
REDUCE STRESS.

SET PRIORITIES

DECIDE WHAT HAS TO
GET DONE AND WHAT
CAN WAIT.



THINK POSITIVE

AT THE END OF EACH DAY
MAKE NOTE OF WHAT YOU
ACCOMPLISHED [NOT WHAT
YOU FAILED TO DO].

TO YOU TRY A NEW RELAXATION METHOD



- ★ MINDFULNESS
 - ★ MEDITATION
 - ★ YOGA
 - ★ TAI CHI
-

SEEK HELP

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU FEEL
LIKE YOU ARE UNABLE TO COPE.

THE EMPLOYEE ASSISTANCE PROGRAM [E.A.P.] PROVIDES
CONFIDENTIAL, SHORT-TERM COUNSELING SERVICES
FOR BENEFIT ELIGIBLE EMPLOYEES AND THEIR
DEPENDENTS. YOU CAN CALL ANYTIME TO DISCUSS
MARITAL, RELATIONSHIP OR FAMILY PROBLEMS; STRESS,
ANXIETY AND DEPRESSION; GRIEF AND LOSS, JOB
PRESSURES AND SUBSTANCE ABUSE.

VISIT [OGI.IDAHO.GOV/COUNSELING](https://ogi.idaho.gov/counseling) TO LEARN MORE.
