

HEALTH *matters*

RING IN THE NEW YEAR WITH LESS STRESS



BREATHE & RELAX

Practice breathing and relaxation techniques. Do these at your desk or in a quiet place at home. These types of exercises relax the body and reduce tension. Imagine that you are somewhere else and let your muscles rest.



LISTEN TO MUSIC

For relaxation purposes, listen to instrumental music or natural sounds, such as the ocean, rain, or forest birdsong. This can be done at home or at work. For a more upbeat atmosphere, listen to your favorite tunes. Remember, you set the mood for your own attitude!



SMILE!

Although you may not be in the mood, inspire a smile from others by smiling at them. This sends a message to your brain and releases feel-good hormones. Smiling is an easy way to feel happier and more relaxed.



USE EAP

Employee Assistance Program (EAP) provides confidential, short-term counseling services for benefit eligible employees and their dependents to help them handle concerns constructively. You can call anytime with concerns such as marital, relationship or family problems; stress, anxiety and depression; grief and loss, job pressures and substance abuse. Call 877-427-2327 or visit www.guidanceresources.com, click the Register tab, and enter your Organization Web ID: SOIEAP.

SOURCE: