

# Boost Your Mental Well-being by Saying Goodbye to Stress

If you're feeling stressed at work, you're among the 80 percent of Americans who feel the same way. Stress affects your mental health, but it can show itself in other ways too. Back pain, poor focus and headaches can all be symptoms of stress.

While it may not be possible to eliminate all of the stressors in your life, there are plenty of ways to reduce feeling overworked while on the job. Recognizing the signs of stress is the first step to improving your health. When you're feeling the pressure, try these strategies:



Plan and prioritize your most important responsibilities.

Limit interruptions so you don't have to refocus each time you're distracted. Some ways to limit distractions include using a do-not-disturb function on your phone or blocking off time in your calendar to finish a project.



Take breaks to keep your stress under control.

Take time off from work to clear your mind.

Talk to your manager if your stress is overwhelming you. They'll be able to help you rebalance your workload if necessary.

Ask about our employee assistance program (EAP). If you're going through chronic stress and don't know what to do, our EAP can help you get on the right track.



Listen to relaxing music to help you calm down.

