

Managing Stress

We all know what “stress” is, right? Well, what may be stressful for one person may not necessarily be stressful for someone else. We don’t all experience stress the same way. It’s different for everybody. You may be stressed out by a high-pressure job, while your coworker thrives on it!




While we may think that no stress would lead to happiness and health, it’s not true. Stress itself—especially a little stress—keeps life in balance. Moderate stress helps motivate us and even improve our performance. What’s important is how we manage it. When we handle it well, we are productive and happy. Mismanage it, and we may become more stressed and even develop health problems as a result.

While some sources may claim to have all the answers, the truth is, no universally effective stress management techniques exist. We all have different lives, situations, and reactions. The best comprehensive stress management program is one tailored to your unique needs and preferences. And don’t overlook self-help books—many offer successful stress management plans, which can help if you follow the program faithfully! The following are only a few of the many strategies you can utilize to help manage the stress in your life:

- Exercise
- Spending time with loved ones
- Mindfulness meditation
- Deep breathing
- Volunteering / Acts of service
- Hobbies / Creative activities
- Spending time in nature
- Journaling (particularly, keeping a gratitude journal)
- Yoga / Stretching
- Examining unhealthy patterns of thinking/negativity
- Healthy snacks and avoiding alcohol
- Taking a break from social media and the news

For more information, or if stress interferes with your daily functioning, contact the Caterpillar Employee Assistance Program (EAP) to discuss strategies to help you manage your stress. Find more resources at TotalHealth.cat.com!

For confidential support, free of charge, contact Caterpillar’s **Employee Assistance Program (EAP)**:

 **1-866-228-0565**

 **CaterpillarEAP.com**
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