

# Connect Care

## Still Stressed!

BY DR. ROGER HABER

Last month we were looking at managing stress. I imagine some of us are still stressed.

Again, all of us experience stress in our lives. You are not alone.

There are a few major sources of stress you and I experience:

- Financial worries or set-backs: Excessive debt; reduced family income; calls from creditors; and bad investments can all be great sources of stress in our lives.
- Health Problems: Serious health threats; difficulty in obtaining necessary healthcare; long-term illness or disability—either for ourselves or for those whom we love can also cause intense stress in our lives.
- Work-related pressures: Stress can come when you start a new job; have heavy workloads; experience unmet employer expectations; a challenging work schedule; and changes in the workplace.
- Relationship distresses and turmoil: The loss of a loved one; a recent marriage, divorce, or separation; marital conflicts; parenting problems; disputes with neighbors; quarrels with friends; and verbal attacks—can all pour stress into our lives.
- Traumatic events: Stress can also be caused by PTSD (post-traumatic stress disorder); property damage or bodily injury related to an accident; or being the victim of a crime.



**“ANXIETY DOES  
NOT EMPTY  
TOMORROW OF ITS  
SORROWS, BUT  
ONLY EMPTIES  
TODAY OF ITS  
STRENGTH.”**

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**CHARLES SPURGEON**

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Still stressed? There is hope. "There is light at the end of the tunnel."

There is someone available to listen to you and help you process what you're feeling and experiencing. Your Care Partner is available to you 24/7. You can use the Care Partner App (see below) and contact your Care Partner right now!

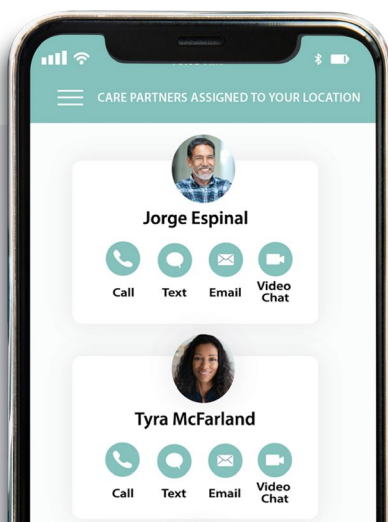
There are two factors we need to consider when dealing with stress: 1) What is the situation causing the stress in my life? And 2) What effect is the stress having on my life?

We will never be able to completely eliminate stress, but we can learn to reduce the negative effects stress causes in our lives. Here are a few practical steps:

- ❑ Learn to say "no" to non-essential claims on your time in order to relieve an over-crowded schedule.
- ❑ Prioritize relationships as well as your time.
- ❑ Do your best to avoid harmful activities or stress-causing situations.
- ❑ The stress of financial pressures can sometimes be relieved by making better financial decisions like budgeting and avoiding over-spending.
- ❑ Acknowledge your limitations and reduce self-imposed demands and expectations.
- ❑ Recognize manipulative behavior and unhealthy relationships.
- ❑ Remember not to take so many things personally. Say to yourself, "That's just the way it is."

Now you might need some help with these steps. Maybe you need someone to talk with about relationships, or financial matters, or conflict at home or the workplace. Your Care Partner is ready to listen.

Have you downloaded the Care Partner App? Why not do that right now, and let your Care Partner know how you'd like to connect? You can call, text, email, or video chat.



24/7 access to  
your Care Team  
via Care Partner App

\*free in your app store



How It Works



Enter your company's Location ID

126050



Select a Care Partner to call, text, email, or video chat directly from the app.



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