

# Living Well Tip of the Week

## Control Your Stress Before It Controls You.

Money is tight. Perhaps you don't have enough time to spend with friends and family. While some stress in life is unavoidable, learning how to manage your stress is critical to your overall health.

### Here are symptoms you should be aware of:

- ✓ Headache or stiff neck
- ✓ Rapid breathing
- ✓ Sweating and sweaty palms
- ✓ Upset stomach or nausea

Knowing these symptoms may help you recognize that you need to better control the stress in your life – before it controls you.



The UT System institution's Employee Assistance Program (EAP) provides FREE confidential, professional assistance to employees, retirees and dependents to access counselors, classes and other resources. For more information on your institution's EAP program go to [www.livingwell.utsystem.edu/eap.htm](http://www.livingwell.utsystem.edu/eap.htm).