

Living Well Tip of the Week

Stress Management

How can you avoid stress?

- **Learn better ways to manage your time** : Make a schedule and think about things that are most important. Do those things first.
- **Find better ways to cope**: Look at how you've been dealing with stress and think about other things that may work better.
- **Take good care of yourself** : Get plenty of rest; eat well; don't smoke. Limit alcohol.
- **Try out new ways of thinking**: Let go of things you cannot change. Learn to say "no."
- **Speak up**: Not talking about concerns creates stress and makes feelings worse.
- **Ask for help**: A strong network of family and friends helps manage stress. Seeing a counselor can help by having someone guide you through stressful times:



Did you know, that as UT SELECT members, you and your family have access to our **free** Employee Assistance Program?

EAP provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. Contact your Institution's Work/Life Services EAP to learn more or set an appointment: <http://www.livingwell.utsystem.edu/eap.htm>

Browse your Living Well Health Manager powered by WebMD* for specific advice on all these tips: go to www.webmdhealth.com/ut and select "Living Healthy" on the top banner.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.