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EAP NAVIGATOR

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6 Ways to Outsmarting Stress



Stress can be triggered by events, ideas, memories, emotions, or failed expectations. The following actions can help you counteract the negative effects of stress:

- 1. Exercise.** A regular workout can release pent-up frustrations. Experts recommend getting 30 minutes of moderate exercise most days of the week. Choose any aerobic activity: walking, jogging, bicycling, swimming, stair climbing, or step aerobics.
- 2. Keep communicating.** One of the best ways to fight stress is to discuss your problems with a friend or relative. Talking to other people shows us we're not alone and helps us put our stress in perspective. Writing about what's bothering you in a journal can be equally effective.
- 3. Pay attention to your diet and habits.** A diet of wholesome, healthful foods can help stabilize your moods. Consuming caffeine, sugar, alcohol, nicotine, and prescription or illegal drugs can increase your stress, making coping more difficult.
- 4. Make time for laughter and fun.** Surround yourself with happy people who like to laugh. You'll find laughter is one of the best stress remedies.
- 5. Use a variety of relaxation techniques.** Deep-breathing exercises, progressive relaxation, visualization, creative imagery, yoga, meditation, or listening to relaxation tapes can help. Once you become fluent in one or two relaxation techniques, you can use them to manage your stress.
- 6. Live in the present.** Take a moment to think about the causes of your stress. Many of them may come from thinking about the past or worrying about the future. If you can plant yourself firmly in the present, you can leave many worries behind and focus more clearly on solutions to current problems.

Contact Cascade EAP for more information on how to reduce stress. Call 800.433.2320, text to 503-980-1777 or email: info@cascadecenters.com.

Connect with us



**For more information contact
Cascade Centers:**

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com