

As published in *Insights* (Volume 11, Issue 21): October 14, 2008

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Stress Management 101

CIGNA's Employee Assistance Program presented the telephone wellness seminar, "Stress Management 101," on Wednesday, October 8, 2008. The presentation was made by psychologist, Dr. Bill Dymont.

While many people talk about stress as being a bad thing, Dymont explained that stress is a natural response to situations. He says it's important to have enough of stress to maximize productivity, but too much stress can be hard to deal with and result in emotional exhaustion and physical illness.

Not every individual responds in similar ways to stress, but there are ways to prevent stress and cope with higher levels of stress. Some of the helpful hints Dr. Dymont provided included:

- Build a support network of people who are nurturing and respectful
- Develop a proactive personal stress care plan by making one change at a time (instead of a lot of changes at once)
- Be aware of the physical and emotional symptoms of stress
- Take control of your schedule by learning when to say "no"
- Consider taking a stay-at-home vacation (or "stay-cation")
- Keep a clear, relaxed mind by having a "mind dump" list
- Focus conflicts on situations, not on labeling others