

Stress Management for All
CHI Health EAP
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Stress management is an increasingly important part of our daily lives. We can do our best to reduce stress, but stress cannot be totally eliminated. Short-term (acute) stress and long-term (chronic) stress seems to be a “normal” part of a day for so many. So how do we handle these frequent short and long-term stressors? Here are a few ideas:

Self-Awareness – check in with yourself regularly, daily if possible, to create awareness of changes in sleep, focus, eating habits, moods and feelings.

Practice “digital” mindfulness – turn off notifications from your phone for a period of time each day to help prevent information overload. Consider turning off your phone at night, or charging it in another room to avoid looking at it first thing in the morning.

Create a sleep schedule and stick to it – consistent sleep routines are an essential way for the body and the brain to reset itself for the next day.

Keep perspective – a good laugh, a deep breath, saying “thank you” or “thinking on paper” with a gratitude list or journaling can help keep perspective during stressful times.

You may also want to share these ideas with your partner, spouse or children. These ideas are found in the AllOne Health blog dated September of 2021.