

## Face Your Stress Head On!

Life is filled with unexpected ups and downs. Whether you're worried about a problem at work or dealing with a personal issue at home, stress can hinder your ability to move forward. By understanding how stress affects you and impacts your life, you will be better prepared to meet stress head on and move forward successfully.

Log on to [www.FOH4YOU.com](http://www.FOH4YOU.com) to learn how to:

- Recognize the warning signs
- Laugh your stress away
- Utilize exercise to manage stress
- Reduce tension through relaxation
- Cope with stress by making healthy decisions
- Achieve work–life balance

### What is Stress?

Stress is what you feel when you react to pressure from others or from yourself. Pressure can come from anywhere, including school, work, activities, friends and family members. You can also feel stress from the pressure of wanting to perform well or wanting to feel like you belong. Stress comes in many forms and everyone feels stress.

Managing stress effectively can bring a sense of well-being to your everyday life, help you navigate issues at work in a positive fashion and improve your interactions with others—no matter the situation.

### Breathe In!

Need to shake that stress quickly? Take some deep breaths! Experts agree—deep breathing is one of the best stress-relieving techniques out there. When stressed we're naturally prone to start taking shallow breaths, which actually increases feelings of tension.

Take a minute and breathe deeply. Inhale through your nose for four seconds and exhale through your mouth for six seconds. Repeat five to 10 times and you'll feel your stress melt away—really!

### Go Online Today!

Log on to [www.FOH4You.com](http://www.FOH4You.com) to access *Stress Management* and other helpful resources in the *Spotlight* section. Log on now and register with our program's toll-free number, 800-222-0364.