

Quick Stress Awareness

Stress can manifest itself in different ways. Be sure to watch for:

PHYSICAL

Tiredness, headaches, back pain, difficulty sleeping, indigestion, tight muscles

MENTAL

Forgetfulness, poor concentration, boredom, worry, poor teamwork

EMOTIONAL

Irritability, depression, anxiety, fear, apathy, increased sensitivity to criticism

RELATIONAL

Loneliness, withdrawal, intolerance, relationship problems

BEHAVIORAL

Procrastination, eating problems, risk-taking, substance abuse, poor time management

SPIRITUAL

Emptiness, loss of beliefs and sense of meaning, cynicism, compassion fatigue

Calm is Contagious

Coping strategies in the moment to get you through:

SENSIBLE EATING

Reduce the amount of caffeine and stimulants you may be consuming. Schedule and take lunch and snack breaks. Eat the RAINBOW and keep a nutritious balanced diet. Keeps healthy foods on hand along with water and gum.

PUSH PAUSE

Take breaks and walk outside. If your concentration is off take a break and do something that calms and centers you. Being cooped up inside can intensify isolation feelings. Identify a designated stop and start time for your work day and follow it.

RELAXATION

Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. Breathing helps reduce the stress in the moment. Visit www.go.osu.edu/justbreathe. Repetitive activities can also be calming, such as cleaning and organizing, playing solitaire, art expression. Take a minute to yourself, even if it is just one minute.

EXERCISE

Practice chair yoga, take a quick walk, do some jumping jacks in place.

COMMUNICATE

Tell someone how you're feeling and ask for help. Tell others when you are reaching your limit. Debrief after a difficult situation. Stay in touch via phone, social media, email, facetime.

REMINDE YOURSELF

You are brave and empathetic enough to withstand this distressing time and you make a difference to each person who you help. Affirm that you can and you will get through this.

We Are Here For You!

Ohio State EAP
(800) 678-6265
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NEW! Connect by using Tess, our mental health chatbot!
Start chatting with Tess by texting "Hi" to +1 (415) 360-0023
Start code: buckeyes



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