

Stress Tip: DON'T FORGET TO BREATHE

Try this exercise for stress management. It will increase your oxygen intake and encourage deeper breathing throughout the day:

Write the word "BREATHE" on a piece of paper or Post-It® note. Put it in a place that is not visible to others, but is easily accessible and periodically seen by you. Let this act a reminder for you to check your breathing. Practice taking deep, slow and satisfying breaths throughout the day. This is a simple, effective and free technique that promotes relaxation and helps manage stress!

*Treat your job or career
like a garden—weed it
and let the sunshine
come through.*

"Weed" Your Garden

Treat your job or career like a garden—weed it and let the sunshine come through. You can accomplish this by doing the following:

1) Know your organization's values to ensure that you are working towards making your skills, interests and work goals match; 2) Work toward positive, high-level service relationships with co-workers, managers and customers; 3) Be your own advocate! You can do so by documenting your successes. This is a great reference tool for voicing your organizational value.

Getting your Teenager to Counseling

Whether it's bouts of anger, substance abuse, or other behavioral issues, you may be thinking about professional counseling for a teenager. The rule is not to wait until behavioral problems are so extreme that your ability to influence your teenager's cooperation with professional counseling has deteriorated. Don't take a "my teen needs to be fixed" approach. This can stigmatize or label your teenager as "the problem". Families are systems where one part affects others. So, see the situation in a different light. View professional counseling as an opportunity for your teen to discover and learn new coping techniques for common life problems.

Bon Secours Employee Assistance Program

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