



Working through it

If your job comes with a lot of stress, that can take its toll. Stress can affect your mood, health and relationships — both at work and at home. Fortunately, there are several ways you can help get control of job-related stress.

Try these at-work tips.

Arrive early to work, so you feel prepared for the day ahead. Make a to-do list to prioritize tasks. Taking short breaks is another way to help reduce stress. If you can't physically move away from your workspace, try closing your eyes and relaxing for a few moments throughout the day. Finally, after putting in a full workday, don't forget it's OK to step away and leave work at work. Try 'unplugging': Reset your phone, for example, so you won't receive work-related communications after-hours.

Pay attention to your health.

Certain jobs carry more pressure than others. But if you make time to focus on your health, you'll be better equipped to handle the stress that can come with work. Make sure to get regular exercise, choose a healthy diet, get the sleep you need and avoid bad habits, like smoking. Improving your health may help you better manage stress — and knowing this may be the inspiration you need to bring healthy habits into your to-do list.

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Change your mind.

Refocus your mind when you're away from work with meditation, visualization or breathing exercises. If you're in the habit of watching crime shows, try switching up your evening TV schedule with a comedy. Focus on keeping a positive attitude. Try reframing the way you think about work. Is work impossible, or simply challenging? Change your internal dialogue. Praise your accomplishments, be grateful for what you have and be present in the moment instead of worrying about the future.

Find the support you need.

If you find it difficult to deal with stress in the workplace, you have several other options. Seek out more information or resources, speak with friends and family, or consider speaking to a counselor or joining a support group. The smartest worker may be the one who reaches out for additional resources when needed.



Here4TN Emotional Wellbeing Solutions is available to you and your family at no extra cost as part of your benefits. The five Emotional Wellbeing Solutions visits per year, per issue are per individual. Members are ineligible for Emotional Wellbeing Solutions visits while they are currently receiving Behavioral Health Services.

State and Higher Education: Emotional Wellbeing Solutions services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: The following Emotional Wellbeing Solutions services are offered to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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