

Good morning and happy Monday team!

I hope you all have a great day today. Last week, we started to recognize our strengths and values related to our goals. It is important to be **aware of challenges that can get in the way of our goals**. Stress can be a huge challenge sometimes.

We've all experienced stress. Stress can arise from many different sources, but we don't feel stressed out only when something unpleasant occurs. We can also feel stressed when something positive happens.

There is no way to avoid stress entirely. For better or worse, it's a normal part of life. We learn to use coping strategies to deal with it.

Close your eyes and picture your top five stressors

1. _____
2. _____
3. _____
4. _____
5. _____

How might these stressors get in the way of achieving your goal?

Problem-focused coping strategies

- **Taking action.** Identifying realistic solutions or actions you can take to address the problem.
- **Asking for help.** Identifying sources of social support that can assist you in solving your problem.
- **Managing your time.** Assessing the time requirements of your demands, then prioritizing.

Emotion-focused coping strategies

- **Keeping yourself busy.** If you stay busy, you may be less likely to focus on the stressor.
- **Meditating and praying.** Turning inward through meditation or prayer can provide a respite from focusing on the stressor, and the calming effects can last a while.
- **Writing it down.** Journaling provides an opportunity to explore the stressor and devise a plan for dealing with it.
- **Reassessing the problem.** It can be useful to ask yourself if you're seeing the problem clearly to determine whether the stressor is as bad as it seems.
- **Talking it out.** Talking to someone can provide an opportunity to let out your feelings about the stressor, which may ease those feelings.

"The greatest weapon against stress is our ability to choose one thought over another."

- William James

Reminder: The employee Self-Care Group starts next Tuesday 10/26 at 5:00 PM. Let me know if you are interested!