



Tips for Managing Stress during the Transition in Administrations

It's natural and to be expected that people may feel stressed during any period of change, especially during a change in administrations. That stress may be more pronounced in this transition than in others. With that in mind, your Employee Assistance Program is providing these practical tips to help manage stress.

- **Get the facts**—speculation and misinformation can run rampant when people are anxious. Factual knowledge helps us to feel empowered and can ease anxiety.
- **Avoid political conversations** - Politics has always been a hotly debatable topic and can be even more incendiary in the workplace. Plus, engaging in conversations that you know will just increase your stress won't be helpful. Try limiting or avoiding discussing politics at work especially when you know that a co-worker has an opposing viewpoint.
- **Monitor your exposure to news and social media**—as much as it's helpful to know the facts, it's also important to avoid information and opinion overload. Get the details you need, but be sure to also allow time to unplug from news sources and social media such as Facebook or Twitter.
- **Focus on what is within your power to change**— by identifying the things that are within your power to change. Often when change happens quickly or abruptly, one's anxiety will increase. Taking action will allow you to feel both calmer and more empowered. Create "next action steps" for yourself with timeframes attached.
- **Reach out**—it's tempting to isolate when we're feeling stressed or anxious. But the best things to do is connect with supportive others. Volunteering is a wonderful way to help while, at the same time, boosting your own sense of connectedness. Or, look for events and opportunities to connect within your community.
- **Stick to your routines**—they will help to ground you and allow you to feel more in control. Routines around exercise are particularly important, as exercise has been consistently proven to help mitigate feelings of stress and anxiety.
- **Make time for stress management**—it's important all of the time, and particularly during periods of increased stress. Whether it's practicing mindfulness, meditation, exercising, journaling, deep breathing, or engaging in another form of stress management, slot it into your day and honor it just as you would any other commitment. By managing stress better not only you but everyone you know and love wins.
- **Practice self-care**—some anxiety is normal and a part of life, but excessive anxiety can also lead to anger, rage or self-defeating behavior. It's important to take care of yourself especially during such times. Stress management is a large part of self-care. Additionally, self-care means getting enough sleep, eating a balanced diet, and exercising regularly and avoiding overconsumption of food, alcohol beverages and caffeine-containing drinks.
- **Seek professional support when needed**—particularly if you're feeling persistently anxious, unable to sleep, having physical symptoms, or unable to face daily tasks, it is important to speak to a helping professional. The EAP's licensed counselors are available to provide free and confidential, no-cost telephonic support or in-person counseling or referrals. The service is available to employees, as well as dependent family members.

For professional assistance and supportive resources please click or call the EAP:
www.eapconsultants.com At the user portal, please enter the password: interioreap
 Or call 800-869-0276

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