



ChallengeME

MONTHLY MINUTE

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Monthly topic: **Stress Awareness**



What does stress mean to you?

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension.

Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Common reactions to a stressful event can include:

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains, and stomach problems
- Smoking or the use of alcohol or drugs
- Affecting more than just your mind

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease.

A.C.T.: An Invitation to Go Beyond

Aim for an opportunity to consider how you will do something to improve things.

A. - Action

C. - Changes

T. - Things

Find a way through and beyond challenges- look at positive ways to perceive things:

- Recognize the signs and symptoms of stress
- Understand the causes and effects of stress
- Learn practical techniques and strategies to deal with stress

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MaineDOT Healthy Workforce



Building Resilience and Managing Job Stress

Communicate with your coworkers, supervisors, and employees about job stress.

- Identify things that cause stress and work together to identify solutions.
- Access mental health resources through SOM Benefits.

Identify the things that you do not have control over and do the best you can with the resources available to you.

- Increase your sense of control by developing a consistent daily routine when possible.
- Keep a regular sleep schedule.
- Take breaks from work to stretch, exercise, or check in with your supportive colleagues, coworkers, family, and friends when working from home.
- Spend time outdoors, either being physically active or relaxing.
- If you work from home, set a regular time to end your work for the day, if possible.
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- Practice mindfulness techniques- Go to: mindful.org or sign up for the FREE State of Maine Pilot Headspace: <https://work.headspace.com/wellstarme/member-enroll>.
- Schedule a FREE consult with Living Resources- either a Health Coach or Counselor- See contact information below for Guidance Resources.

Visit the ChallengeME website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | **Online:** guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness:
(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit maine.gov/mdot/challengeme

Coming up May: Seasonal Changes

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov