



April: Stress Awareness Month



April is Stress Awareness Month. While stress is a natural part of life, excessive stress can have a negative impact on both mental and physical well-being. When there is too much stress a person might experience headaches, stomach issues, anxiety, depression, loss of appetite, and heart issues. Everyone manages their stress differently and some strategies are below.

Manage Stress

- Identify your stressors: Take notes to find patterns that bring you stress and how you react to them.
- Develop healthy responses: Exercise is a great stressbuster. Or make time for a hobby or activity that you enjoy.
- Establish boundaries: Take time for yourself and disconnect from your phone when appropriate.
- Take time to recharge: Take your vacation time to relax and unwind.
- Learn how to relax: Try meditation, deep breathing, or a walk by yourself. These don't need to be long periods of time, set a time for 2 minutes and increase if you enjoy.
- Talk to your supervisor: Keep the communication door open and discuss how they can support you.
- Get professional support: Talk to a counselor through an Employee Assistance program.

Looking for more information?

Scan for helpful links on the topic.



Be sure to visit the ChallengeME website:



The Living Resources Program, provided by ComPsych – GuidanceResources is available to employees and retirees of the State of Maine

The program offers:

1. Confidential, Short-Term Counseling Services (This no-cost counseling service can help with issues such as stress, anxiety, depression, grief, etc.)
2. Legal and Financial Information, Support, and Resources (Speak with professionals by phone on a wide range of issues, including family law, real estate transactions, debt consolidation, taxes, etc.)
3. Work-Life Solutions
4. Wellness Coaching (Wellness Coaches cover everything from smoking cessation to health management and more.)
5. Free Online Will Preparation

Contact them via phone or online:



24/7 Live Assistance:
Call: 844-207-LINK
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNow™
Web ID: LivingME



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