

Your Employee and Family Assistance Program (EFAP) includes:

# Stress Solutions



**Stress is a natural reaction to any change where an adjustment or response is required. Stress may result when your life or work related demands exceed the perceived internal and external resources required to satisfy the need. Stress may also occur when events or demands in your life stretch you to new levels of functioning.**

Stress is not always bad. Stress is an important reaction that protects you from danger. When experiencing stress, your body releases hormones, adrenaline and cortisol increasing your blood pressure and heart rate providing the energy needed to fight or flee from crisis scenarios. Without adequate stress in your life, you are likely to feel less motivated, and unenthused. You may lack the necessary reasoning to pursue personal goals and may find difficulty enjoying simple pleasures and the enthusiasm to start living life to its fullest. In contrast, having too much stress will manifest in physical, mental, and emotional ailments with feelings of anxiousness and pressure.

Somewhere between these extremes, in a place between too little stress and too much stress, is an amount of stress that is healthy, motivating, and stimulating. That's the level of stress you want to achieve and that's the level of stress that you can achieve when you learn the strategies about stress management.

Through the stress solutions program, you'll learn about stress management techniques and exercises, including:

- How to reduce tension
- Staying connected to keep yourself healthy, happy and energized
- Manage your thinking and feelings to influence your mood and behaviour
- Manage your time to stay organized and participate in activities that bring value to your life

**Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.**



**Stress solutions can help you to recognize your symptoms of stress, which in turn enables you to control and reduce it.**

Contact your EFAP 24/7 at 1-800-663-1142

TTY: 1-888-384-1152 | Numéro sans frais - en français : 1-866-398-9505

International (Call collect): 604-689-1717

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