

## RECOGNIZING AND DEALING WITH STRESS

Stress can be caused by changes or challenges in life like moving to a new city, a heavy workload, a traumatic event, or the loss of a job or a loved one. Stress is different for each of us, and is actually a normal part of life. However, if it lasts for long periods of time or affects different parts of your life, it can have serious consequences on your health.

**It's important to recognize stress**, keep it from interfering with your life, and to help manage it when you do experience it. Consider the following, and for more information visit [MagellanHealth](https://www.magellanhealth.com).



**Note:** If you are in immediate distress or thinking of hurting yourself or others, call or text the 988 Suicide & Crisis Line at 988 or [988lifeline.org](https://www.988lifeline.org).

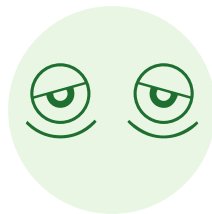
## SIGNS OF STRESS



**RAPID  
HEARTBEAT**



**IRRITABILITY  
OR LOSING YOUR  
TEMPER**



**FEELING  
EXHAUSTED OR  
INABILITY TO SLEEP**



**DIFFICULTY  
CONCENTRATING**



**IMAGINING  
NEGATIVE  
SCENARIOS**



## AVOID STRESS

- ✓ Learn to manage your time at work and home.
- ✓ Take care of yourself: eat well, don't smoke, limit alcohol, get plenty of rest.
- ✓ Speak up about what's important to you.
- ✓ Ask for help when you need it.



## MANAGE STRESS

- ✓ Exercise regularly (walk, bike, do yoga)
- ✓ Find hobbies you enjoy
- ✓ Write daily in a journal
- ✓ Meditate, listen to music, or visit with friends



**Find the help you need.** Sprouts offers its [Employee Assistance Program – or EAP](#) – free to you and your dependents and family living in your home. The EAP offers virtual and in-person resources for help with stress, work-life balance, and much more.