



Overwhelmed with Life? You are Not Alone

Life's challenges can be many and it can leave you feeling emotionally wiped out. And, it is okay to be overwhelmed. Luckily, experts agree that certain strategies can help. Most are far easier than you may think. To stave off stress, try the following:

1. **Block out the negative and focus on the positive.** We all have mirror neurons—a collection of brain cells that mimic any emotion we come across automatically. So just as you might block a mirror to prevent light reflecting on you, you can attempt to block your brain's mirrors. To do so, envision something you love or that makes you laugh before you enter a situation you predict will be stressful. Now you have a reason to smile. It's not the person in front of you or the situation that's in your head.
2. **Get some fresh air.** Try to physically distance yourself from the source of the negative contagion. Turn off the TV. Slow down your social media presence. The farther you are from the source of stress, the less the effects will be. Heading outside or simply looking at nature-inspired scenes may be your wisest choice. Research shows that being in nature has the ability to increase feelings of well-being while reducing your heart rate, blood pressure and muscle tension. And, your stress level will benefit.
3. **Find a support system.** If you are feeling alone or overwhelmed by decisions you have to make today, find someone with an unbiased opinion and have an honest conversation about your options. Break down any walls that you are feeling within yourself or others and focus on a positive plan. Your EAP can also help you find a counselor that can help provide a positive support system.
4. **Build your emotional immune system.** A healthy self-care regimen is key during these trying times. Invest time in finding things to do that relax and recharge you and which you can do routinely. It does not have to be extravagant, but it does need to be purposeful and meaningful to you. What you may have used to recharge your batteries in the past may be different now. Open your mind to new possibilities.
5. **Put "pen to paper."** Putting your emotions into words can help you get rid of a stressful event. Don't worry about creating a literary masterpiece. Instead, try writing nonstop for a few minutes about your feelings. Doing so can help you organize your thoughts and better cope with your emotions. And, if you don't prefer pen and paper, there are resources on your electronic devices that allow for journaling or notes.

Remember, you are not alone. Being overwhelmed with one or all of life's challenges right now is not uncommon. BHS provides referrals to qualified counselors, psychologists and psychiatrists that can help you manage your emotions and develop a coping plan. Call BHS at 800-245-1150 and your Care Coordinator will speak with you about your benefits and options for support.



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989

800-245-1150 • www.behavioralhealthsystems.com