

Only half the battle

While a healthy diet prepares your body for stressful situations, it is only half the battle. Together, as a combination with healthy eating, try to also:

- **Exercise.** Regular exercise is one of the best ways to manage stress. Even a brisk walk at lunchtime is a good start.
- **Make sleep a priority.** Sleep provides essential rejuvenation time so no matter how busy you are, do not sacrifice a good night's rest.
- **Find ways to relax.** This can include deep breathing exercises, meditation, massage, yoga, tai chi or just quietly reading.
- **Do not self-medicate.** Do not try to cope with your fatigue, lack of energy, or anxiety with alcohol, sedatives, stimulants, nicotine or other substances. These will only worsen your stress in the long run.
- **Reduce your caffeine intake.** Studies have shown that caffeine can increase levels of stress hormones.
- **Have fun!** Laughter really is the best medicine and can help you find perspective.

Nutrition support available to you

As a final note, your diet can strongly affect your mood, health and energy levels. However, maintaining a healthy, well-balanced diet can be a challenge with a hectic schedule and multiple personal and family demands. Through your Employee and Family Assistance Program's nutrition support service, you can work with a Registered Dietitian who is focused on your health and goals. Connect with one of our Registered Dietitians for advice about:

- Weight loss/gain
- Lowering cholesterol levels
- Getting off the diet "roller coaster"
- Reducing high blood pressure
- Boosting energy
- Regulating diabetes
- Healthy eating on the go
- Preventing heart disease
- Accommodating shift work
- Preventing osteoporosis
- Eating a well-balanced vegetarian diet

You can arrange a consultation over the telephone or receive a health and wellness resource kit if you prefer to work through the material on your own. Request this service online through Online Access or First Chat, or directly on your mobile device through My EAP app.

Looking for additional support? Your Employee and Family Assistance Program (EFAP) can help. You can receive support through a variety of resources. Call your EFAP at **1 800 387-4765** or visit workhealthlife.com.