

Recognize Symptoms of Stress

Stress Continuum

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Normal fluctuations in mood • Normal sleep patterns • Physically well • Socially active • Consistent performance <p>TOOLS/SOLUTIONS</p> <ul style="list-style-type: none"> ✓ Focus on the task at hand ✓ Break problems into manageable chunks ✓ Reflect on the good you are doing ✓ Identify and nurture support systems ✓ Maintain healthy lifestyle ✓ Get enough sleep 	<ul style="list-style-type: none"> • Nervous, irritable, sad • Trouble sleeping • Tired, low energy, muscle tension, headaches • Decreased social activity • Procrastination <p>TOOLS/SOLUTIONS</p> <ul style="list-style-type: none"> ✓ Recognize limits ✓ Get adequate rest, food and exercise ✓ Engage in healthy coping strategies like slowing down or deep breathing ✓ Identify and minimize stressors 	<ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Restless or disturbed sleep • Fatigue, aches and pains • Social avoidance or withdrawal • Decreased performance and presenteeism <p>TOOLS/SOLUTIONS</p> <ul style="list-style-type: none"> ✓ Identify and understand signs of distress: STOP Stop for a moment Take a deep breath Observe Proceed with self-compassion ✓ Talk with someone you trust ✓ Spend time with loved ones 	<ul style="list-style-type: none"> • Excessive anxiety, easily enraged, depressed mood • Unable to fall or stay asleep • Exhaustion, physical illness • Isolation, avoidance of social events • Unable to perform duties, absenteeism <p>TOOLS/SOLUTIONS</p> <ul style="list-style-type: none"> ✓ Seek confidential help at Preferred EAP ✓ Follow health care provider recommendations

Self-Care is a Priority!

Visit [PreferredEAP.org](https://www.preferredEAP.org) for more information, call **1-800-327-8878**, or email preferredEAP@lvh.com.

Mental health support is available through Preferred EAP. We offer virtual, phone or in-person counseling. Contact us for hours and locations. Additional health care professional well-being resources can be found at <https://www.valleypreferred.com/well-being>.