

Stress Less!

Personal Essentials



Best Care EAP Can Help!

For free, confidential support for you and your dependent family members, contact us today.

402-354-8000 | 800-801-4182

www.BestCareEAP.org

Username: bcCODEe – Password: CODE

“It’s astounding how much one’s stress level goes down with the simple act of switching from skinny jeans to yoga pants.” – Source: someecards

My Stress Signs

My Stress Solutions



Stress Less!

My Job Stresses

The Three C's

1. Control - People who believe they are in control of their lives
2. Challenge - People who feel challenged by their work and see it as an opportunity to learn and grow
3. Commitment - People who feel a sense of commitment to their work feel good about what they do and feel they are making a difference in the lives of the people around them

Reframe

1. Take Control – What can I do to take control?
2. Seek Out the Challenge – What about my situation can be seen as a worthy challenge for me to overcome?
3. Renew My Commitment – What or who am I committed to?

Tips to Stress Less!

Take action

Meditate

Get organized

Yoga (or other exercise)

Get a Head Start

Get social

Breathe

Call Best Care EAP!

My Action Plan to Stress Less!

Stop:

Start:

Continue:

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today's webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP's services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:

