

## STRESStips

### Stress Tests

- Schedule of Recent Experience:
- How You React to Stress
- What's Your Stress Resistance

### Coping with Transitions

- The Stages of the Transition Process
- The Times They Are A Changing
- What Helps People Through Transitions

### Balancing Work & Family

- Caring for an Elderly Relative:
  - Being Stretched From All Directions
- Struggling to Balance Work & Family
- Juggling Your Home Life
- The Next Step-Practical Ways To Handle Stress
- Escaping the Couch - Reducing Stress At Home
- Stop Family Stress

### Relaxation Techniques

- The Relaxation Response
- Mini-Relaxation Exercises
- The Quietening Reflex
- Daily De-stressors
- Imaging Exercises

### Exercise

- Influence Your Health With Exercise
- Exercise and Body Awareness
- Exercise Prescription
- Create the Life you Desire with Exercise
- Exercise to Reduce Stress

### Humor

- How To Make Things Better By Making Them Worse
- Taking Humor Seriously
- The Joy of Living
- Dieting Under Stress
- Laughter, Just What The Doctor Ordered

### Physiological Effects

- The Stress Response: Fight vs. Flight
- Stopping the Stress of PMS

### Attitude Adjustment

- Self-Esteem
- Personal Affirmations

- Challenging Cognitive Distortions
- The Ten Cognitive Distortions
- Writing Your Wrongs
- How To Break Out of a Bad Mood
- Silent Assumptions/Irrational Belief
- Stress Hardiness
- Coping Strategies
- Behavioral Strategies for Self-Care
- Self Talk-Change Your Mind About Your World

### Communications

- Characteristics of Bad Communication
- Styles of Communication
- How to Fight Fair

### Time Management

- Successful Time Management
- Time Shifting
- 25 Winning Stress Management Strategies
- Don't Manage Time, Manage Yourself

### Spirituality

- The Spiritual Journey
- Guided Meditation: God In My Breath

### Assertiveness

- Tips On How To Be More Assertive

### Work Related Stress

- Stress Breaks
- 8 Ways to Re-think Your Work Style
- How To Avoid Burn-out
- For Better Well-Being Leave
  - Work Stresses At Office
  - Breaking Away From The Office
- Escaping Burnout
- A Recipe For Less Stress

### Nutrition

- Your Guide to the New Food Label
- Eating Mindfully
- Weighty Questions (The more you know, the more you lose)
- Less-Stress Weight Management

### Relationships

- Communicating Effectively With Your Spouse
- Cooperation Through Communication
- Fight Right: Make Arguments Work For You

Check the STRESStips you want and mail to Solutions EAP, 213 Court Street, Middletown, CT 06457 or fax to 860-704-6221. Be sure to fill out the information below so we know where to send the information.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Company: \_\_\_\_\_

Is there any information not listed above that you would like? Please call us at 1-800-526-3485 for special requests.