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Bringing you the resources for

healthy living,

healthy behavior,

and a healthy mind.

**Dear Employees:**

I hope you all had some rest and relaxation over the spring break. I really enjoyed being with some of you several weeks ago for the stress management and relaxation exercise workshop. Hopefully, the relaxation exercise C.D. that each of you received at the meeting is enabling you to continue the behavioral training. I sensed your desire for increased resilience and emotional hardiness, characteristics that we should all strive for.

Education, like other professions, can be very stressful at times. Learning to manage this stress leads to resilience and hardiness and reduces the risk of depression, chronic anxiety and other emotional and medical problems. My personal and professional experiences have shown me that there are some basics steps that we can all take to assist us in managing stress.



The steps include healthy lifestyles, giving attention to proper diet, regular physical exercise, adequate sleep, balance between work and leisure activities, and spiritual grounding. Additionally, people who are able to bounce back from stressful situations and deal effectively with adversity are able to see change as a challenge and opportunity rather than a threat. They view themselves as empowered to make a positive difference in

their job, feel a sense of commitment to their work and workplace, and possess a strong social support network. These same people are optimistic, flexible and have the ability to deflect unwarranted criticism while generally being free from pervasive distrust, cynicism, and hostility.



Resilient professionals often seek out colleagues to talk to about job related stress and obtain support in processing professional triumphs and tragedies. Debriefing with colleagues on a regular basis can be very helpful. This collegial debriefing can also provide an opportunity to find humor and put an optimistic spin on professional problems that are encountered.

Finally, remember to live one day at a time. Take the inevitable ups and downs in life in stride. Looking at the down times as opportunities to learn and adjust increases the probability of up times in the future.

This electronic self-help material is part of your Employee Assistance Program which also provides three pre-paid confidential counseling sessions in our confidential, relaxed and secluded office setting located in the Woods Office Park. To find out more about the E.A.P., please go to the W.I.S.D. website and click on the benefits link. To find more material on coping with stress go to [WWW.HAPLECRONE.COM](http://WWW.HAPLECRONE.COM).