

Tips for safeguarding yourself from stressful moments

It's normal to feel stress, but there are times when even the most relaxed and well-adjusted person can feel overwhelmed mentally and physically.

These are just a few ways to help you reduce and protect against stressors.



1. Be realistic — and optimistic

You are one person and there are only 24 hours in a day. Don't set yourself up to fail by putting pressure on yourself to be perfect. Instead, make the goal about doing the best you can. Also, look for reasons to be positive. It can be easy to get sucked into negative thinking, especially if you surround yourself with those who are negative thinkers. However, inviting yourself to take pride in your personal and professional accomplishments, however small, can go a long way in helping you feel energised and motivated.



2. Set boundaries

Resist the pressure or urge to make yourself available at all hours. Being available non-stop and trying to fit too much into one day can make you less effective and eventually lead to burnout. Do what you can to organise your time and tasks, so you're focusing on the highest priorities first and foremost. For example, divide errands into "must-dos," "should-dos" and "don't-need-to-dos" where possible. Also, consider delegating what you can — and often should — to colleagues at work and loved ones in your personal life.



3. Take time for yourself

Make sure to take time for yourself — even if it's just a few minutes or an hour or two. For example, during normal work cycles, if you are in a role that does not require being officially on call, give yourself permission to turn off email notifications, and decline to take meetings and calls during scheduled time off. Also, give yourself permission to say “no, thank you” to requests for extra shifts or invites for get-togethers with family and friends. Giving yourself quiet, relaxing time to recharge can ultimately help you be more upbeat and productive overall.



4. Limit distractions

People who believe they get more done by multitasking usually are less productive than those who focus on a given task. So, aim to limit distractions. Instead of answering one-off emails as they hit your inbox, schedule regular times throughout your workday to answer them in groups. If your work requires concentration, block time in calendar and signal to colleagues not to disturb you. For example, shut your door, hang a sign with “work in progress, please do not disturb” or sign out of your work’s internal instant messaging platform. Likewise, if you’re in the habit of checking personal email, answering texts and/or scrolling news and social media sites at all hours, resist the urge. Instead, schedule breaks as appropriate and possible to check these and respond.



5. Take a break

Understand that relaxation is the natural countermeasure for stress. It's important to take breaks to help you become refreshed and recharged. Even short breaks help improve your mood, performance and wellbeing. So get up and go for a short walk, talk to a friend, run an errand, watch a funny cat video or whatever it is you might enjoy. Also, schedule activities you enjoy that have nothing to do with your job, other people's milestones or holidays. For example, read a book, watch a film or go for a hike. When it comes to taking a break, it doesn't matter “what” you do, so much as “that” you do take the opportunity to rejuvenate. If you do feel intensely stressed, use relaxation techniques like deep breathing, mediation, yoga or whatever else you find that helps slow your breathing and heart rate to bring you back to equilibrium.



6. Get in touch

Whether in-person or virtually, having a solid support system among co-workers, friends and loved ones can help you ultimately be less stressed and more productive. In the moment of high stress, just having someone to talk to who will listen to what you're going through can help you calm down and reset.

Plus, maintaining positive friendships generally correlates to mental health and happiness. That's because healthy friendships can help keep your spirits up, give you a sense of connection and improve your self-confidence, among other benefits.



There are a variety of resources available to yourself and loved ones at [optumwellbeing.com](https://www.optumwellbeing.com)

Our Critical Support Centre offers emotional support resources and information when you need it most. Find a variety of topic areas including mental health, traumatic events, natural disasters, grief and loss, supporting adolescents in crisis, and more.



7. Take care of your health

Even when your schedule becomes hectic when working or otherwise, make time for regular exercise, get enough sleep and eat healthy, balanced meals. It's true — all of these can help you be more resilient to stress and feel better overall:

- Exercising has a myriad of physical and mental benefits, from increasing your energy and lifting your spirits to calming your nervous system and more.
- Making healthy food choices and eating regular, small meals can help maintain your energy and focus, while helping you avoid the risks of becoming lethargic or agitated as a result of low blood sugar.
- Quality sleep improves your productivity, creativity, problem-solving skills and focus.



Bonus — take time to laugh

Let's face it, laughing is fun and feels good. It also offers short- and long-term health benefits. Laughing stimulates your heart, lungs and muscles, and triggers endorphins that help improve your mood and even temporarily relieve pain. Laughing also releases and relieves muscle tension, so it can help you relax. It also boosts your immune system by releasing chemicals in your body that help fight stress.

Laughter has other benefits, too. It can strengthen relationships by creating bonds and shared experiences. When used appropriately in certain situations, humour can also help defuse conflict.



Critical support when you need it

Visit optumwellbeing.com for additional critical support resources and information.



To access specific benefits information

visit livewell.optum.com and log in with your access code:



Call for support

Sources:

American Psychological Association. Psychologists' advice for newly remote workers. apa.org/news/apa/2020/03/newly-remote-workers.

American Psychological Association. Give me a break. apa.org/monitor/2019/01/break.

HelpGuide.org. Relaxation techniques for stress relief. helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm.

HelpGuide.org. Making good friends. helpguide.org/articles/relationships-communication/making-good-friends.htm.

KidsHealth. "Stress" for teens. kidshealth.org/en/teens/stress.html?ref=search.

HelpGuide.org. The mental health benefits of exercise? helpguide.org/articles/stress/stress-in-the-workplace.htm.

HelpGuide.org. Stress at work. helpguide.org/articles/stress/stress-in-the-workplace.htm.

American Psychological Association. Coping with stress at work. apa.org/topics/work-stress.



This programme should not be used for emergency or urgent care needs. In an emergency, call the local emergency services phone number or go to the nearest ambulatory or emergency room facility. This programme is not a substitute for a doctor's or professional's care. This programme and its components may not be available in all locations, and coverage exclusions and limitations may apply.

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2024 Optum. All rights reserved. WF12062251 309918-102023 OHC