

Dear State of Kansas employees- Your EAP can help you and your family members to reduce stress in your personal and professional life.

Stress is an inevitable part of our lives. We have all experienced it to some degree: following a disagreement with a family member; being tasked with a new challenge or meeting a deadline at work. Our various experiences are constantly requiring for us to adapt to changes and cope with stressors. When these stressors are not properly addressed, they can negatively impact our physical health. However, self-care can help to reduce stress, in turn alleviating our stress-related pain responses.

Stress Questionnaire

Use this assessment to determine if you have an unhealthy amount of stress in your life.

Take the Quiz



Mindfulness is about being engaged in the present moment. It is one of the most effective ways to respond to personal stress because it forces us to focus on the here and now rather than on worries about the future or regrets about the past. Visit our toolkit below to learn more.

Mindfulness and Relaxation Toolkit



Telephonic



Video

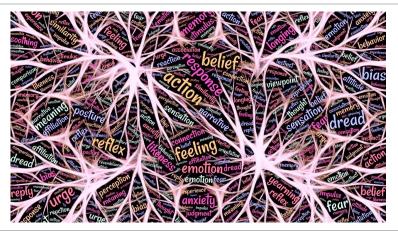


Chat

Convenient Alternatives to Traditional Counseling

ComPsych offers multiple points of access to our services so that participants of all ages, locations and abilities can get the support they need





Laugh and learn. Find laugher at life's annoyances and learn from your mistakes. Humor is a powerful tool in helping build resilience, the ability to bounce back from negative events.

Nurture those relationships that matter. Open up to others about your problems, and accept help when it is offered. Spend less time with negative, stress-inducing friends or co-workers.

Develop a timeline of short- and long-term goals. List challenging but realistic objectives for your career and personal life. Analyze and update these goals over time.

Focus on the positives. Recognize the small wins, be proud of your accomplishments, and celebrate your successes.

Break from routines at work and at home. Monotony also can cause stress. Remember you can change the script of your life.

Get help from your EAP. Call us anytime, 24/7, to discuss your issues and to request a referral to an in-network counselor to use your 8-free sessions.

Contact Us

Toll Free:

1-888-275-1205, Option 1 TTY: 1-800-697-0353

Online:

GuidanceResources.com
Web ID: SOKEAP

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