

## EMBRACING SUPPORT RECOGNIZING STRESS & UTILIZING RESOURCES



### EAP BENEFITS

#### What's included?

- Face-to-Face Counseling
- Drug and Alcohol Assessments
- Legal Consultation Services
- Financial Counseling
- Health Risk Assessment
- Nutrition Counseling
- Wellness Education
- Resources through our website

BY JARA ENGER | VILLAGE EAP ACCOUNT MANAGER

If you have found yourself feeling “off” lately but can’t quite pinpoint why, or if someone in your personal circle hasn’t been acting like themselves, it could be a result of stress. Unmanaged stress in our personal and professional lives may appear differently for individuals. Stress can manifest as physical symptoms (headache, tight muscles, rapid heart rate, shortness of breath) or behavior (micromanagement of projects, snapping at family members or coworkers, withdrawing from activities once found pleasurable). When you notice these signs in yourself or others, recognize that it could result from unmanaged stress and that help is available.



Anyone dealing with life’s challenges deserves to seek help and support. While you may not feel like you need help at this moment, that can change only days or weeks from now because these feelings exist in a continuum for all of us. When you feel frazzled, help is only a phone call away. In addition to leaning on a trusted friend, colleague, or clergy member, talking through concerns with a professional can offer a fresh, unbiased perspective to help remind you of healthy ways to manage your stress or offer you brand new coping skills to enhance life.

Your employer provides you with confidential access to The Village Employee Assistance Program (EAP) at no cost to you. EAPs are designed to help anyone at any stage of life to increase their overall well-being within their personal and professional lives. To ask questions or to set up an appointment, call 1-800-627-8220 and mention that you’d like to access your Village EAP benefits through your employer or contact us through our website.

When I think of how stress plays out differently for everyone, I remember a friend’s story about her late grandfather. He hadn’t ever spoken with a counselor, but in his late seventies, he decided to reach out for help. After seeing a provider several times, he made slight changes in his life over time. He later shared with his adult children that he did not realize that his “short fuse” with those closest to him (his wife, children, and grandchildren) was due to underlying stress and anxiety that he had not addressed. He had found great relief by accessing a trusted counselor who helped him to improve his relationships with those closest to him. What resonates with me from her grandfather’s story is that it is never too late to improve your relationships and lead the healthy life you would like, so make that call today!

For tips and tools to manage stressors that can lead to feelings of anxiety or depression, or if you aren’t sure whether to access help, visit our EAP website.