

# Living Well Tip of the Week

## *Stress Management*

### *Ways to Relieve Stress:*



- Exercise:** Start with walking, stretching, or even household chores.
- Write:** Start a journal; write about what is bothering you.
- Let your feelings out:** Talk, laugh, cry, and express anger when you need to.
- Do something you enjoy:** A hobby, creative activity, playing with a pet, volunteering
- Learn ways to relax your body:** Try breathing exercises, yoga, or massage.
- Focus on the present:** Meditation and guided imagery can focus and relax your mind.

**Did you know**, that as UT SELECT members, you and your family have access to our **free** Employee Assistance Program?

**EAP** provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. Contact your Institution's Work/Life Services EAP to learn more or set an appointment: <http://www.livingwell.utsystem.edu/eap.htm>

**Browse your Living Well Health Manager powered by WebMD\* for specific advice on all these tips: go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select "Living Healthy" on the top banner.**

\*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.