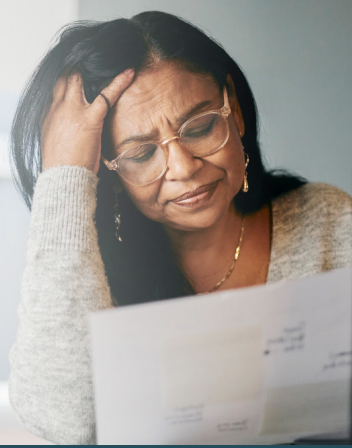


# APRIL STRESS AWARENESS MONTH

SOUTHERN LAND  
COMPANY



## What Is Stress?

Stress is the body's natural response to challenges or demands, whether they come from external or internal factors. It can affect how you feel, think, and act, and may cause physical symptoms such as a fast heartbeat, sweating, or trouble breathing. Too much stress over time can impact both your mental and physical health.

## DID YOU KNOW?

*Approximately two-thirds of all doctor visits are related to stress.*

## How Your Body Responds to Stress

When you experience stress, your body reacts in several ways. Your pupils may dilate, your breathing and heart rate speed up, and both your blood pressure and blood sugar levels can rise. You might also notice that your muscles become tense and you start to sweat more than usual.

## Stress Relievers

- **Get active:** Any kind of physical activity you enjoy, such as walking, dancing, or even cleaning can help reduce stress
- **Avoid unhealthy habits:** Stay away from coping methods such as excessive caffeine, alcohol, smoking, overeating, or drug use, as they can worsen stress
- **Meditate:** Practicing meditation or deep breathing can calm your mind and help you feel more balanced

## Preventing Burnout

**Burnout develops gradually, but there are steps you can take to prevent it.**

- Set realistic goals and practice healthy habits, such as getting enough sleep and eating a nutritious diet. Delegate tasks when possible, and do not hesitate to say “no” if you are feeling overwhelmed.
- Take regular breaks to relax and spend time on activities that help you recharge. Consider going outside for fresh air, taking a walk, or listening to music or a podcast to ease your mind.

## Digital Overload

Digital overload happens when using technology, such as smartphones, computers, or TVs, exposes you to more information than your brain can comfortably process. You might notice your stress levels increase if you spend too much time on your devices. Research shows that more screen time can lead to higher stress.

## Tips:

- **Turn off notifications:** Only allow calls or messages from important contacts
- **Create tech-free times:** Set aside parts of your day without any devices
- **Delete distracting apps:** Remove apps that consume most of your time

## GuidanceResources

### Employee Assistance Program (EAP)

Eligible employees and their dependents have free, confidential access to GuidanceResources, which provides professional support for behavioral health, emotional challenges, and substance abuse concerns. The program includes **up to six (6) counseling sessions per year**, either in person or by phone, with a licensed counselor. For more information, call **800.311.4327** or visit **www.guidanceresources.com** and enter your Web ID **GRS311**.

## Sources

- [Slow Down](#)
- [Success Over Stress](#)
- [Be mindful Digital Overload](#)

PLEASE NOTE: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.