

Stressed Out?

Everyone experiences stress from time to time. Any change, good or bad, big or small, can cause stress. It's a natural part of life. But constant stress can harm your health. This type of stress puts a strain on your body and may contribute to some serious health problems, such as heart disease, high blood pressure, diabetes, and even depression or anxiety. The first step to better managing your stress is recognizing your personal signs and symptoms. Ask yourself the following questions to better identify when you're stressed out:

- How do you feel physically when you are stressed?
- How do you feel mentally when you are stressed?
- What do you do differently when you get stressed?

Once you've become more aware of how you typically react to stress, you can start taking strategic steps to preventing it. Check out these resources for State of TN employees and their dependents:

- **Stress Topic Center** – Visit this page for more Here4TN stress articles, courses, trackers, worksheets and more!
- **MyActiveHealth** – Visit your MyActiveHealth account to access digital coaching and their health library for more support on stress.
- **Confidential Counseling** – This Here4TN service is available to you at no cost. Get five EAP counseling sessions, per problem, per year.

“The greatest weapon against stress is our ability to choose one thought over another.”
William James

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Conversations on Stress

Let's support each other on #WellnessWednesdays over on our [Facebook Page](#)! (Be sure to let us know what department you're with.)