



USING THE EAP FOR STRESS MANAGEMENT

How can I be less stressed out as a supervisor? Yes, I know about work-life balance, finding a mentor, and even relaxation exercises, but there must be more general ways to help cope. Perhaps other supervisors have some tips they can share? How can the EAP help?

You are commended for seeking stress management ideas. Unfortunately, leadership team stress might be getting worse. A 2021 Gallup survey found that 35% of supervisors report being

extremely stressed out. Being stressed and experiencing burnout grew after 2020 and was worse in the years following. Yes, the EAP can help examine your stress more closely. Often, stress management requires a closer look at a person's unique circumstances. You may find some stress managing skills quite natural to you, while other stress coping skills must be learned with education and hard work.

For example, you may know you are...

- Overworked, but is being bullied on the job making it worse?
- Feeling you don't measure up to the supervisory demands?

- Waking at night with work worries on your mind, but is drinking heavily before bed a contributing factor to sleep disturbance?
- Feeling inadequate because ???.

The EAP's assessment and solution planning sessions may help you see the bigger picture so that you can employ proper strategies that are more likely to be effective. As you move through assessment, self-awareness and skill building, the EAP can also help monitor your progress and celebrate success.

Source: www.gallup.com/workplace/357404/manager-burnout-getting-worse.aspx

Leadership Orientation Training - Session B
Watch for Upcoming Classes

CONTACT US TODAY:

Please contact our office by calling 800-779-6125 or e-mailing (info@connectionseap.com) for more information or register online:

www.connectionseap.com

ATTENTION: SUPERVISORS, MANAGERS, ADMINISTRATORS:

Session A: "Leadership Orientation to the EAP", is always available on the website. Please check your wallet cards or contact your HR department for your username and password.

Website Information – Webinars are available in the Work/Life Services site. Log in on Connections website go to Employee or Leadership Resources tab to access webinars, continue to scroll down on the Work/Life Services opening page. (All webinars are archived for later viewing.)

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