

Finding Balance



It is a joint effort to reduce stress at work and promote overall wellbeing. Let's work together to have a healthier workplace environment. Research shows that 6 out of 10 employees identify work as a significant stressor. Studies also show that stressed employees exhibit 60 percent higher absenteeism and are significantly less effective when they are at work.

During a public health crisis, employees face greater stress and anxiety daily. That puts them at higher risk for stress-related physical and mental health problems. Thus, raising the potential for burnout at work. Every day we deal with workplace stress and pressure. Studies show that job-related stress is the primary source of stress for American adults, which in turn contributes to the nation's mental health crisis. As U.S. workers learn to deal with an ongoing pandemic, a fluctuating economy, long work hours and increasing workloads, many struggle to maintain work-life balance and manageable stress levels. Developing strong stress-management skills will always fare better in high-pressure situations.

Utilize services available. Feeling overwhelmed, let's talk. Call your CareATC Health Center and schedule an appointment with your Mental Health Professional. Your Mental Health Professional can help you achieve a sense of balance. Together we can come up with strategies to help you deal with the stressors in your life. Conversations are confidential.

Tips to a better work-life balance:

"Creating a healthy mindset is an investment in your overall wellbeing."

-Unknown



- Stay organized and prioritize assignments
- Avoid stressful people and subject
- Get involved in health initiatives offered at work
- Establish boundaries
- Avoid isolation
- Relax and recharge
- Seek support- talk to your supervisor. Let them know what you need from them.
- Make time to step away- take your break away from your work area.
- Get outside, fresh air and sunshine can lift your spirits, and vitamin D from the sun aids in your immune response.
- Make time for yourself and do things that brings you joy.
- Use PTO when feeling emotionally drained.
- Journal to track your stressors.

Reach out to CareATC to schedule an appointment with your Primary Care Provider or Mental Health Professional.

If you are feeling suicidal and need immediate assistance, contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

Three easy ways to schedule an appointment:

📞 800.993.8244 🖥️ www.careatc.com/patients 📱 CareATC app

