



EAP Newsletter NOVEMBER 24

As we approach the end of the year, it's a great time to reflect on ways to manage stress during this often-busy season. In this month's newsletter, we explore helpful strategies for managing stress, including the Perceived Stress Scale, a practical tool for assessing and understanding your stress levels.

Managing Everyday Stress

Stress is part of life, recognising it early can make all the difference.

Stress is a natural response to life's demands, challenges, or unexpected situations. It can be helpful at times, keeping us motivated and improving our performance when we need it. Yet when stress becomes too much or lasts too long, it can take a toll on our health and wellbeing. That's why learning to manage stress effectively is so important.

Here's how to stay in tune with your stress levels and manage it positively.

One simple way to stay on top of your stress levels is by using the Perceived Stress Scale (PSS). This quick, 10-question self-assessment helps you gauge how stressed you feel and decide if it's time to take action.



Assess Your Stress:

Try the Perceived Stress Scale. Click [here](#) to download and evaluate your stress levels in just a few minutes.



Try using the PSS regularly—perhaps every month or two—to track how you're doing. Just answering questions like, "How often in the last month have you been able to control irritations in your life?" can provide valuable insights into your stress level.





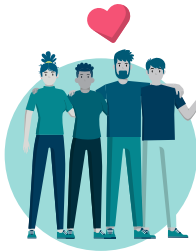
Here are three effective ways to manage stress in the moment:



1. **Deep breathing:** When stress hits, take a few minutes to focus on slow, steady breaths. Deep breathing activates the body's relaxation response, which reduces tension and lowers stress hormones.



2. **Small steps:** Breaking tasks into small, manageable steps helps goals feel achievable, keeping you from feeling overwhelmed.



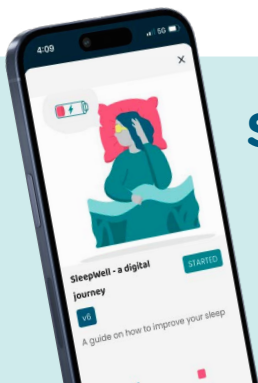
3. **Connect with others:** Social connection boosts oxytocin, a hormone that counteracts stress; talking with friends, family, or colleagues also provides valuable emotional support.



Join us for a free webinar next Wednesday, 20th November, at 12pm on **Mastering Stress**, where we'll dive deeper into these strategies and show you how to use the Perceived Stress Scale as a self-monitoring tool.

Reserve your spot today to learn practical ways to reduce stress and build resilience.

 Webinar



Stress and sleep go hand-in-hand

Download the **habithealth+** app and prioritise your wellbeing with **SleepWell**, a digital journey to improve your sleep.

Download it now!



Our team are here to help

If you need more support, **book an appointment online** at eapservices.co.nz, by calling **0800 327 669** or by scanning the **QR code**



eapservices.co.nz