BENEFITS NEWSFLASH

Don't let stress get you down.

FEELING OVERWHELMED?

With the hustle and bustle that is affiliated with the holiday season, it's easy to feel stretched too thin. Though you may think that it comes with the territory of balancing, work, life, and whatever else pops up, that doesn't mean that it isn't stressful. There are some key signs not to ignore. Understanding these signs and addressing them before they overwhelm you can assist in preventing more serious physical, or mental health issues from developing.

WHAT SIGNS SHOULD I LOOK FOR?

Depression - Everyone gets sad once in a while, however, feeling sad for an extended period of time could be an indication of depression. Guilt, sadness, hopelessness, lack of enjoyment, irritability and the inability to concentrate have all been associated in the past with this condition. Depression is serious, but it is manageable and treatable. Untreated depression can lead to serious physical and mental health problems.

Anxiety - People can experience chronic, exaggerated worry and tension that does not seem to have a cause. These worries can be accompanied by trembling, twitching, muscle tension, headaches, irritability, sweating and hot flashes.

Lack of concentration - This can be a key indicator that something may be wrong. Stress can be one of the most natural reactions to physical and mental demands.

Irregular Heartbeat - Strong emotional stress or anger can contribute to cardiac arrhythmia, a.k.a. irregular heartbeat. This can be the heart beating too fast, too slow, or irregularly. Most are harmless, but some can be serious and even life threatening.

Stomach Issues - Stress and anxiety can manifest in many ways, most commonly seen issues are chronic heartburn, ulcers, and nausea.

Muscle-contraction Headaches - These types of headaches are commonly called tension headaches. Research shows that for many people chronic tension headaches are caused by depression and anxiety.

Sleep Problems - Many experts site stress as the No.1 cause for short-term sleeping difficulties. Work, school, marriage, relationships and life event worries can create an interference in your ability to fall or even remain asleep.

What can I do?

First and foremost if you are feeling that you are experiencing any of these signs seek support. Do not wait until you reach your breaking point. Talk to your physician, or contact our Employee Assistance Program.

What is an employee assistance program? Here at DriveTime we understand that sometimes you need some additional assistance in life, whether it's emotional support or everyday work life solutions, like finding a child care provider within your schedule, or even a mover. You can find services like these plus so many more through this 100%free and 100% confidential program.

GUIDANCE RESOURCES (Employee Assistance Program) can be contacted by phone at 866-799-2728 or online @ www.guidanceresources.com WEB ID DTEAP.