

UAB HIGHLANDS EMPLOYEE NEWSLETTER



Courtesy of the UAB Employee Assistance & Counseling Center

Stressors are a part of everyday life. Stressors are any change requiring you to adapt. It is unavoidable and necessary! Stress in small doses can provide energy, increased awareness, and can improve performance.

Chronic stress can reduce performance and affect our physical and mental health. Stress management consists of skills and abilities one uses to cope with both acute and chronic stressors.

What can you do?

- Listen to music.
- Go for a walk.
- Use relaxation techniques, including:
 - » Deep breathing
 - » Meditation
 - » Progressive muscle relaxation
 - » Utilizing creative outlets
- Monitor your self-talk to reduce “always, never, should.”
- Describe things in a more positive manner.
 - » Problem vs. Opportunity
- The EACC offers free and confidential counseling services for UAB employees and anyone in their household.

Stress & Our Body

- Stress activates our “Flight or Fight” response
 - » Heart and breathing rates increase, blood vessels in arms and legs dilate, digestive processes change, glucose levels increase for quick energy
- Stress can result in...
 - » Muscle tension, headaches/migraines, increased risk for hypertension, heart attack, stroke, diabetes, gastrointestinal issues, and reproductive issues
- For help in dealing with stress, contact the EACC for confidential counseling services.

The UAB Employee Assistance and Counseling Center is an employee benefit designed to provide UAB, UAB Medicine, VIVA and Homewood Board of Education employees and their immediate household members with resources for resolving work-related and personal problems. The EACC provides confidential counseling and employee assistance, community referral, supervisor consultation, crisis management and a variety of educational programs to support successful work/life integration and provide practical tools for balance in all areas of life. Services are provided as an employee benefit at no cost to our clients.

For more information on EACC services, visit uab.edu/eacc or call 205-934-2281.