

MANAGE STRESS

Total health

A little stress sometimes can be a good motivator to accomplish goals. But if you don't manage your stress, it can turn into a major problem that negatively affects your health, relationships, and life. The following tips may help you cope:

- **Try to identify the source of your stress** and find a way to resolve it. Addressing the source of stress can minimize its impact on your life.
- **Accept some problems can't be solved directly.** Some stressors require *us* to make an attitude change. Working with a professional may help you gain perspective.
- **Don't overschedule yourself.** Slow down and tune into what your body needs to build resilience and better face challenges.
- **Prioritize self-care.** Take care of your body and mind by eating well, exercising regularly, and practicing mindfulness.
- **Make time for family and friends.** Your support system can help you through challenging times.

If stress has been impacting your life, contact the **Caterpillar Employee Assistance Program (EAP)** at **1-866-228-0565**.