



# Momentum

*Overcoming stress and burnout*

## Take steps to cope with stress

Stress can show up from many directions these days. And, the pandemic of the last year has increased stress by upsetting people's routines, increasing health worries and damaging finances. However, you can take active steps to deal with stress.

- Focus on your health. Eat a well-balanced diet full of vegetables, fruit, whole grains and lean protein for energy. Get enough quality sleep by going to bed earlier and using relaxing bedtime rituals. Follow a regular exercise routine that you enjoy; engaging in strength and cardio exercise helps you handle stress better.
- Prioritize relaxation. Get outside often this spring. Experiencing nature reduces anxiety and stress. Also, try meditation, soothing aromatherapy and/or deep abdominal breathing—whatever calms and soothes you.
- Spend time with your pets, pursue your hobbies and have a laugh whenever possible.

## Be on the lookout for burnout

**Spot the signs.** Markers of burnout include feeling continually drained; having frequent headaches or muscle pain; withdrawing from other people and activities; having feelings of hopelessness, doubt, negativity and irritability; and losing motivation.

**Catch a break.** Getting off the work treadmill temporarily will help. Taking in new physical and psychological landscapes will refresh your mind. If you can't get away, do brief staycations with self-soothing activities.

**Don't self-isolate.** Despite the temptation to check out, talk with someone who can listen and empathize with your situation. Sharing your struggle can help you calm your nervous system and release tension.

**BROOKHAVEN**  
NATIONAL LABORATORY

Brookhaven Science Associates,  
LLC Employee Assistance  
Program

**1-800-327-2182 (TTY 711)**

MagellanAscend.com

Contact your program

**24/7/365**

for confidential, no-cost help  
for you and your household  
members.

**Live Webinar**—On Wednesday, April 14, join us for a webinar about maintaining wellness amidst challenging times: *Overcoming Stress and Burnout*. Register [here](#).

## Mind Your Mental Health

### April is Stress Awareness Month

This health observance aims to educate Americans about the prevalence and seriousness of stress, while highlighting helpful coping strategies.

- Did you know? Seventy-seven percent of Americans say stress affects their physical health. Three out of four doctor visits are for stress-related ailments. Studies have linked stress to heart disease, asthma, diabetes, obesity, gastrointestinal problems, depression and accelerated aging.
- Keep a journal to track stressors. Writing about what is generating your stress, then brainstorming for solutions, can empower you to reduce stress and anxiety.
- Meditate mindfully to minimize chaos. Take quiet time to yourself, sit comfortably and breathe deeply. Ground yourself in the present and try to clear your mind of extraneous worries.
- Get help through your program. If you believe stress is harming your health, but you've been avoiding taking action, visit your member website for helpful resources.

Visit [www.MagellanHealthcare.com/About/MYMH](http://www.MagellanHealthcare.com/About/MYMH) or call your program for confidential mental health resources.

## Working on Wellness

### Tee up outdoor fun for everyone

- As spring has sprung, avail yourself of the many fun activities you can do outside now. Walk, ride a bike, garden, take up a new sport, swim, hike, golf or kayak.
- Help the kids get active, too. Walk the dog with them, play catch, visit a park or nature trail, fly a kite, play badminton, rent paddleboats, rollerblade, give them sidewalk chalk, etc.

## Showing Support

### April is National Autism Awareness Month

- People on the autism spectrum typically have communication and sensory challenges. Their family members benefit from training about autism and symptom management. This can reduce family stress and improve a child's functioning.
- Adults with autism may live in group homes, independently or with family, but they require support regardless. Vocational training programs reinforce adults' daily living skills, helping them be as independent as possible.



## Managing Work-Life Balance

### Prepping for something springy

As you know, spring is a time for new beginnings and fresh ideas to bloom. Take some time to think about and list your priorities, then try to make sure you're directing time and energy toward what's most important to you. Do some spring cleaning for your calendar; delete some non-priority activities so you've got more mental space for new ideas, projects and opportunities that have meaning for you.