



Partners Employee Assistance Program Work&Life Resource

Beat Winter Stress

Winter can bring on added stress and challenges to your everyday routines; for many of us this disruption can leave us feeling anxious and short tempered. You can improve your mood by acknowledging your reactions and feelings, and making healthy choices about managing your stress.



TIPS to help you through the winter:

Breathe: When most people feel stressed they tend to breathe in short shallow breaths. Instead, concentrate on taking slow breaths in through your nose and exhaling through your mouth. Try doing this 10 times.

Visualize: Close your eyes and picture your favorite place to relax. The beach? The woods? A hiking trail? Stay there for a few minutes to feel, hear and smell your special place.

Turn up the Music: Put headphones on and listen to your favorite music. Slow your mind and move with the rhythm of the music. Swing your arms slightly, do shoulder rolls to loosen up before you go on.

Use Positive Self-Talk: Re-write those negative scripts, "This is going to be a disaster" and "These delays are killing me". Run positive messages through your mind like, "Today's a new day" and "I'm going to do the best I can". Be careful not to absorb the stress of others.

Make a Back-up Plan: For example, arrange for someone else to pick up your child from daycare if needed or figure out another way to get home if your train is canceled.

Laugh: Having a sense of humor lightens your burdens and connects you to others. Text or tell a friend a funny joke - you'll both laugh. If you smile when you're talking with a coworker or someone you meet on your commute, your stress will lessen.

Change the Channel: Stop watching the weather channel! Break away from your stress by tuning into your favorite TV show or finding a funny clip on YouTube.

Go outside: Enjoy the beauty of nature by sledding with your kids, building an igloo with your grandchild, or taking your dog for a walk. You'll feel less cold when you're having fun!

Do Something for Someone Else: Carry out "random acts of kindness" like helping your neighbor shovel or giving your seat to a stranger on the train (not only good for them, it also makes us happier!) Remember to practice kindness towards yourself as well.

If these tips don't work for you, or if you think you may need something more, call Partners EAP.