

When Work Gets Hard, Remember Your ‘Why’

In exchange for your time, your job provides you with an income. You can then use



your income to achieve your personal goals and dreams. When you're feeling stressed from work, consider this perspective: "Your job finances your journey." This mindset makes workplace challenges easier to handle and helps you find more purpose and motivation in daily tasks. Staying focused on what truly matters—your personal journey—also brings

other benefits, like better work-life balance. By creating emotional distance between work and personal life, you can worry less and enjoy your time off more

UR Medicine EAP
179 Sully's Trail
Suite 200
Rochester NY 14534

(585) 276-9110

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

Stress Tips from the Field: Declutter a Small Space to Manage Stress



Spending 15 minutes decluttering a small space in your living space is a form of stress management. When you declutter, your brain sends a signal that there can be order even when life feels chaotic. Decluttering will release small amounts of dopamine and lower cortisol, the stress hormone. The result? A happier, more relaxed you!

Some studies have demonstrated improved sleep quality, too. So, when you feel overwhelmed, take a few minutes to tidy up. You'll feel calmer, more in control, and have renewed energy back into your day.

Read more: [The Connection Between Cleanliness and Mental Health](#)

Create an Action Plan for Your Well-being

Be proactive by creating a personal action plan instead of waiting for healthcare problems to catch you off guard. Studies have shown 80-90% of health problems are related to lifestyle choices and lack of preventive care. While genetics and the environment play a role, lifestyle has the greatest impact. Try adding these six tips into your plan:



- 1) Nutrition
- 2) Physical activity
- 3) Stress management and mental well-being

4) Sleep quality and recovery

5) Limit toxic and environmental exposure (excessive screen time, negative news, noise, and chemicals/additives, etc.)

6) Personal growth/creativity/self-improvement/joy

To get started, check out this [PDF: Wellbeing Action Plan](#)

Tame Your Impulsive Spending



We often tell ourselves that spending is based on necessity, but emotions can influence our decisions. This is why big ad agencies will focus on influencing unplanned, emotionally driven purchases of things we don't need. Impulsive buys are triggered by some desire but possess little thought. To avoid impulse purchases, try increasing your awareness with two personal interventions.

1) **Wait 24 hours** before buying to see if you still want it

2) **Set a meaningful goal for the money** you'd otherwise spend. This creates a strong incentive to skip the impulse purchase in favor of something more valuable later