

Conquering Stress One Day at a Time

“Take it one day at a time.” A common saying reminding you to “stay present-focused” as a way of managing stress. Consider these tips when life gets hectic:



- Try to avoid being overwhelmed by staying in the present while still acknowledging today’s stressors.
- Limit catastrophic thinking and “what-ifs” by

focusing on what can be done now. This reduces anxiety and the risk of imagined worst-case scenarios.

- Ground yourself in the moment and take purposeful action, no matter how small.
- Let go of what you can’t control.
- Build resilience through daily coping.
- Practice self-compassion. It can silence your inner critic.
- Start the day with a simple goal to focus on the here and now and realize that today’s challenges build resilience for tomorrow’s hurdles.

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Maintain Healthy Boundaries Between Work and Home



All of us may have experienced a time when we wrestled with keeping healthy boundaries between work and home. Research shows that maintaining boundaries is good for you and your employer. Having boundaries does not mean you have to sacrifice productivity in the process. Keeping boundaries can reduce burnout, turnover, improve focus, and create a more positive work environment.

Here are five boundaries most people struggle to maintain:

- 1) Not responding to work communications after hours
- 2) Having a dedicated place in your home to work. Not only does this avoid distractions, but trains your brain to “turn on for work.”
- 3) Taking a genuine lunch break, rather than eating at your desk or skipping it altogether
- 4) When possible, politely decline additional work or negotiate deadlines
- 5) Make it a priority to change out of your work clothes as soon as you get home to signal your brain to destress and recognize that the “day is over.”

EAP is available to support you in establishing health boundaries. To schedule an appointment, call EAP at 585-276-9110.

Learn more. [Work-Life Balance Statistics for 2024: A Global Perspective](#)

Building Teams: When Unreliability Strikes

You may have experiences working with an unreliable team member. The hope for change, improved performance, and passive responses to a lack of follow-through can leave you feeling frustrated and overwhelmed with work. Assertiveness often creates tension and fear of losing group harmony. But avoiding risk hurts your team. Creating traditions and shared values that the team agrees to uphold can ease tensions when assertiveness is needed. Addressing poor behaviors can be seen as a commitment to team values, not a personal attack. If your team begins with shared values, you'll increase productivity, accountability, and cohesiveness. If you're struggling now, meet and establish shared values and traditions. This allows the opportunity to voice lingering frustrations and feel happier about your team with less fear about facing challenges. Having these conversations can be challenging, but meeting with an EAP counselor can provide support and guidance.



Discover JOMO—Joy of Missing Out



The fear of missing out, also referred to as FOMO, is anxiety caused by the perception that others have more exciting lives. Social media paints this perception, but there's a flip side called "JOMO"—the joy of missing out. JOMO is a conscious reaction to feeling controlled by social media. If you're looking to reclaim your time, consider turning off social media to focus on your mental health.

When FOMO strikes:

1. Recognize it
2. Stop scrolling and take a break
3. Focus on the positive in your life and be thankful

Consider taking a "technology-free" trip to the store or an outing to enjoy the present moment.