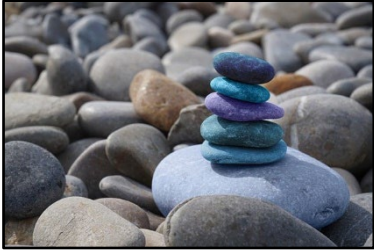


Stress Tips from the Field: Take It One Day at a Time



The slogan: “Taking life one day at a time” is a common saying, meaning to deal with each day’s problems as they come instead of worrying about the future and everything all at once. This means taking a moment at a time to appreciate or address what is happening only at that moment. This practice reduces anxiety, produces a calming effect, and puts the brakes on catastrophizing.

You may discover that you can better control your responses to circumstances and reduce reactivity. Consider using this “one day at a time” stress management strategy more often. It doesn’t mean neglecting goals or plans or necessary interventions. It simply encourages balanced living right now and maintaining a perspective about concerns.

UR Medicine EAP
315 Science Pkwy
Entrance C
Rochester, NY 14620

(585) 276-9110
1-888-764-3456

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

Supporting a Loved One Who Has Cancer

Upon learning that a loved one has received a cancer diagnosis, you may find it challenging to determine the most supportive and comforting words to express or the best way to offer your support. Here are some suggestions:

- 1) Be positive and encouraging. Don’t allow fear of unintentionally causing distress to keep you from this role. Your loved one will understand you care and want to be helpful.
- 2) Listening is your most crucial role. You can’t “fix” the circumstance, but listening is a powerful tool. Do not feel you must produce a “right” answer or “solution” to what the person is experiencing. They may just need you to listen to their story.
- 3) Don’t back away or be avoidant of the person, instead use visits and contacts to show them you care. They may just need the outreach.
- 4) You may want to say, “If you need me for anything, just ask.” Instead, you may want to offer something specific that you can do to lessen a burden they may have.

For example:

- i. When you are going shopping offer to pick up food or other things that may need.
- ii. If you can provide transportation, offer to take them to an appointment or set up a schedule of when you are available when they need some help.

Specific offers may make it easier for the person to reach out for help. It may provide them comfort that they have you as a resource to decrease their worry over how they are going to accomplish something.

- iii. No matter how the world is communicating in the electronic age, a personal phone call or a card via “snail” mail is still a welcome and more personal format to provide support.
- 5) Contact EAP for help in navigating your emotions about the diagnosis and you’ll feel more empowered to be supportive during this critical time.

Learn more here: [How to Support A Friend with Cancer](#)

End Your Day with a Transition Ritual

If your mind continues racing with “work” stuff after you are done for the day, you are in good company. Many of us do this and it is often hard to separate work and life. This is becoming more common in the remote workforce. If you have struggled with this work-life balance, try creating a “transition ritual”. This can be a symbolic approach to ending your day that prompts a mental shift from your professional responsibilities to your personal life.

For example, at each day’s end, routinely turn off lights, straighten your desk, close the laptop, write tomorrow’s to-do list, and/or take a short walk. You may soon experience a faster and healthier mental separation between work and leisure, so you gain the full benefits of your time off. If you are working remotely do not return to your workspace until it is time to work again.

Getting Your Idea Considered

You have good ideas! Rather than having your idea only heard, get it considered! This goal requires some work to get there. The following tips will improve the possibility of your success.

- 1) Don’t share your ideas too soon. Take time to gather information about the problem you are trying to solve or research new ideas in depth.
- 2) Identify specifics such as: the how, when, why, who, what, where, and causes of the problem. If you are developing a new idea, be thorough with identifying the path of genesis, procedures, results and potential problems including resolution suggestions.
- 3) Document your thoughts and research findings to be sure you are covering all the necessary elements for problem resolution or a new idea process prior to presentation.
- 4) Identify any potential questions regarding your ideas and be ready to address them.