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Wellness Works

Got the Holiday Blues?

The holiday season can be stressful. Busy schedules, family get-togethers, increased traffic, and added financial pressures can lead to feelings of being overwhelmed and depressed. It doesn't have to be that way – here are some steps to help you know when you are feeling stressed and how to manage that stress so you can enjoy the season!

FEELING STRESSED?

When you're stressed, your body automatically increases blood pressure, heart rate, metabolism, and blood flow to your muscles. Common reactions to stress may include:

- Eating too much
- Muscle tension, especially in the neck, shoulders, and low back
- Headaches
- Feelings of anger or resentment
- Inability to sleep
- Constipation or diarrhea

READ MORE ON NEXT PAGE

AN EAP CAN HELP!

Everyone covered by a CIS medical plan has access to FREE Employee Assistance Program (EAP) services through Reliant Behavioral Health. Contacting the EAP can help you get back on top of your world so you can enjoy the holiday season. Counseling, crisis support, legal and financial services, will preparation, and interactive web tools can all be accessed at 1-866-750-1327, or at www.myrbh.com.

Access code is oregon

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Steps to Manage Stress

- Reduce internal stress by setting realistic goals and expectations for yourself and others in your life.
- Organize your time; try not to procrastinate.
- When facing a big task, take the steps one at a time to avoid getting overwhelmed.
- Talk with friends or family. Sharing your concerns or fears will make them less overwhelming and easier to handle.
- Practice deep breathing.
- Relax in a warm bath.
- Help other people or volunteer. The sense of well-being you receive will help you put life in perspective.



You can receive up to five (5) face-to-face counseling sessions for each new life issue, including family relationships, stress, anxiety, and other common challenges at no cost to you. CALL 1.866.750.1327 to get started.

It's all about **TRUST.**

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