

## March 2011 Monthly Bulletin

# Optimizing Stress

When you hear the word "stress," do you automatically think of tension, pressure, headaches and stomachaches? There's more to stress than that! Read this month's newsletter for fresh insights on stress, including ways to be more resilient in your day-to-day life. Then sign up for our upcoming webinar: [Making Stress Your Best Friend](#). You'll find out how stress can be motivating, exciting and a real boost to your self-esteem!

*Horizon, your Employee Assistance Program (EAP), is available 24/7 with support, information, practical tools & resources.*

## The Balancing Act of Stress



### Stress: It's an old (ancient!) story

Many people think of stress as tension or pressure. But it's actually more. Understanding stress and its effects can help you use it to your advantage. [More...](#)

[En Español](#)

## Worklife Balance



### Learn to relax your body

The head, neck and shoulder areas – which form the "stress triangle" – are the places where we hold much of our tension. Learning how to release the tension in the muscles can help you relax. [More...](#)

[En Español](#)

## Mind Matters



### Building stress hardiness

Stress in life is the norm, not the exception. The key is to develop stress hardiness – the ability to cope and bounce back from change and other stressors. [More...](#)

[En Español](#)

## Stress Management 101



### Do this, not that

Sometimes we choose to do things that aren't the best option for us. When experiencing stress, the healthiest option is to focus on activities and behaviors that will really help over time. [More...](#)

[En Español](#)



### In This Edition

Stress: It's an old (ancient!) story

Learn to relax your body

Building stress hardiness

Do this, not that

### Quick Links

Download the Newsletter  
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[March Monthly Calendar](#)

Contact Horizon for 24/7 access for you and your eligible family members:

(800) 865-3200  
[www.horizoncarelink.com](http://www.horizoncarelink.com)  
Username:  
Florida Atlantic University  
Password:  
EAP

### Webinars

[Making Stress Your Best Friend](#)

Register today:  
[March 17th @ 3PM ET](#)

[Download a list of free webinars for March 2011.](#)

### We asked ... You answered!

In our February survey, we asked your favorite Valentine's Day gift to give or receive. We got a great response! The top five favorite Valentine's Day gifts (in order of popularity) are:

1. Romantic Dinner
2. Flowers
3. Greeting Card
4. Jewelry
5. Candy

*Thanks to all who participated!*

### Getting Help

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These services are available to employees and their eligible household members 24/7/365. Convenient, confidential access at (800) 865-3200.

