Feeling stressed and stuck? Here's help.

Our lives today are ever more complex, fast-moving and changing, increasing our stressload in any number of ways. It can feel like there is no way out of it. But feeling overwhelmed and fatigued doesn't have to be a way of life. These tips will help you gain control of your stress to feel more balanced so you can function at your best.

Identify the key source. Is it too many deadlines or personal obligations? Getting to specifics can help lead you to the solutions.

Make an action plan. Some examples: Ask your supervisor about adjusting a deadline or delegating responsibilities; stock up on audiobooks to ease your commute.

Simplify expectations and let go of perfectionism. Instead of staying up late to bake the perfect cake for an event, opt to buy cupcakes instead, for example.

Prioritize your to-do list. Time management is a major stress reducer! Figure out what tasks are most important and finish those first.

Just breathe. Breathing in deeply through your nose, fully expanding your abdomen, and exhaling slowly through your mouth can quickly calm your nervous system and short-circuit the stress response.

Blow off some steam. Find an activity or hobby that gives you a lift, whether it's reading, yoga, crafts, listening to music, or just playing with the dog.

Work it out. Even brief physical activity helps release the "feel-good" brain chemicals that can boost a sense of well-being.

Talk about it. Talking through stressful moments can help to release pent-up tension.

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.

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