



The Cone Health Employee Assistance Counseling Program (EACP) is a free employer-provided service. Services include: assessment of problems; counseling for individuals, couples or families; counseling for adults, adolescents or children; or referral to other specialized services. All services are confidential and professional; they are not noted in any employee records or shared with managers.

**We have three locations:**

**Burlington**

Grand Oaks Center  
1238 Huffman Mill Road  
Burlington, NC 27215

**Reidsville**

618 S. Main Street  
Reidsville, NC 27320

**Greensboro**

600 Green Valley Road  
Suite 204  
Greensboro, NC 27408



For Information, Appointments, or  
Crisis Assistance contact us:  
Phone: 336-538-7481 or 877-800-9401  
Email: [eacp@conehealth.com](mailto:eacp@conehealth.com)  
[conehealth.com/eacp](http://conehealth.com/eacp)

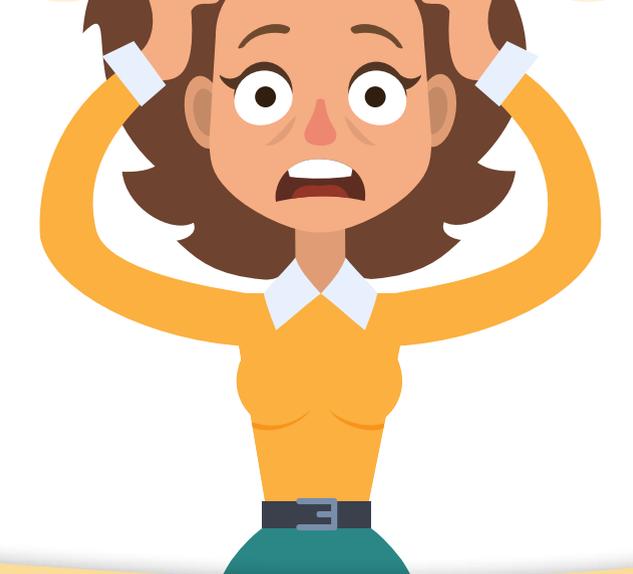


# Employee Assistance Counseling Program

*Caring for Each Other*

# STRESS

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## What is Stress?

Stress occurs when you experience a change and are unable to adapt; feel off balance and unable to find relief from pressure; or feel overwhelmed and burdened.

## What Causes Stress?

Although some stress is natural and unavoidable, being constantly exposed to stressful situations can be over-stimulating. Before stress can be managed, it is important to be aware of the contributing factors.

- Daily living
- Environment
- Family
- Financial
- Relationships
- Employment
- Health



## What are the Symptoms of Stress?

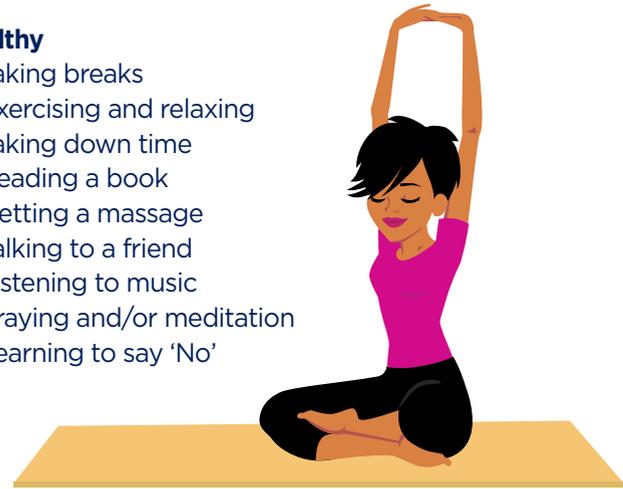
- Muscle aches and pains
- Headaches/ migraines
- Insomnia
- Digestive problems
- Teeth grinding
- Decreased energy
- Increased irritability
- Fast and irregular heartbeats

## How Can you Manage and Cope with Stress?

Awareness of stressors can lead to better management and coping. There are a number of ways to cope with stress that are both healthy and unhealthy.

### Healthy

- Taking breaks
- Exercising and relaxing
- Taking down time
- Reading a book
- Getting a massage
- Talking to a friend
- Listening to music
- Praying and/or meditation
- Learning to say 'No'



### Unhealthy

- Smoking
- Excessive drinking
- Withdrawing from friends and family
- Procrastinating
- Lashing out
- Increasing time on tv/social media
- Self-injury



By learning coping strategies, you can be more in control of your life and stressful situations.