

# EMPLOYEE ASSISTANCE PROGRAM



# DE-STRESS

## THROUGH MOVEMENT

*It's a proven fact that almost any form of exercise can help to relieve stress. For some people, taking a brisk walk after work can help them calm their thoughts and release the tension of the day. For others, it's running, yoga, strength training, biking, gardening, golfing, or other physical activities.*

*Whatever form it takes, regular exercise can lift your mood and boost your sense of mental and physical wellbeing. So get started – get moving! – today.*

### TIPS TO GET STARTED:

**Plan your activity**— even enter it into your calendar. If you're mentally ready and prepared, you're less likely to find excuses.

**Work out with a family member or friend.** Being accountable to someone else can be very motivating, whether you've planned a gym date or simply a walk around the neighborhood.

**Use a fitness tracker** if it helps to inspire you, or if you want to monitor your progress and fitness goals.

**Find opportunities to move.** Take the stairs instead of the elevator; walk during your lunch break; stretch while watching TV.

**CAL HR**

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

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1-866-EAP-4SOC (1-866-327-4762)

TTY USERS SHOULD CALL: 1-800-424-6117

[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)



Log on to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) or call today to learn more about stress management.

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