



LifeSolutions Corner

July 2015

Managing workplace stress

"I'm so stressed at work! There have been so many changes - new boss, different processes, and I'm trying to learn our new computer system. And there may be more changes to come! I'm usually pretty good with change, but I'm feeling a little overwhelmed at this point. I'm wondering if it might help to talk with someone, just to keep things in perspective. Can LifeSolutions help?"

Yes, we can. Kudos to you for recognizing that you may need a little support right now! It's been said that change is the only constant, and that is certainly true in the workplace. It sounds like you have a very positive attitude about change. That "positivity" gives you a head start toward being able to roll with the punches. It's important to be adaptable and flexible and to focus on what you can control. All of these are important skills/qualities when it comes to managing change.

LifeSolutions can definitely provide support in managing workplace change and keeping things in perspective. We have staff with good listening skills who invite people to share concerns, fears, and hopes in a confidential environment. Our goal is to help employees find their natural resilience. Developing resilience skills will help you to learn and grow from challenges, so you are ready and able to meet the next challenge or change that comes along.

Call us at **1-800-647-3327** to schedule an appointment. We're available by phone or in person, whichever is best for you. Remember, it's free and confidential.

Visit our website at **www.lifesolutionsforyou.com** for information on managing workplace change. Call us if you don't know your company code. Click on the green "Visit our WorkLife Portal" arrow. Type "workplace change" in the Search feature at the top right-hand corner of the page.

The information in this flier is not meant as a substitute for your company's policies.

To use our WorkLife Portal, email
or call us for your company code:

ask@lifesolutionsforyou.com
1-800-647-3327
www.lifesolutionsforyou.com

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