



# STRESS MANAGEMENT

**The following resources are available to all Maricopa County employees.**

## **The Employee Assistance Program (EAP)**

is an employer-paid benefit for all active employees that provides short-term counseling for both personal and work-related issues. Counseling is available by phone or in person, depending on your preference. For more information regarding this benefit call 888.213.5125.

## **Stress Management Classes**

are offered through Human Resources training department. For information on classes, visit the on-line learning center home page (search for stress).

**Physical Activity** of any sort can be one of the best ways to reduce stress, and Maricopa County offers its employees various options to incorporate movement into their lives.

Onsite fitness centers and group exercise classes are available at various County worksites.

If onsite activity is not an option for you, check into membership discounts at the YMCA.

**Mindful Meditation** has many healing benefits. It is performed when we sit without “doing” anything and focus on the present moment. As we do this, we let go of thoughts about the past and the future.

**Deep Breathing** sends a message to your brain to calm down and relax. Your brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. Sit comfortably at your desk. Breathe in deeply through your nose, and exhale fully through your mouth. Repeat and relax.

# THE DASH DIET

Help lower your blood pressure by following the DASH Diet - **D**ietary **A**pproaches to **S**top **H**ypertension. This food plan is rich in fruits, vegetables, and low-fat dairy foods. It is low in saturated and total fat.

FOOD GROUP	PER/DAY*
Grains and grain products	6 to 8 oz.
Vegetables	2-3 cups
Fruits	2-3 cups
Low-fat or fat-free dairy products	2-3 cups
Lean meats, poultry, and fish	6 oz.
Nuts, seeds, and legumes (dried beans, lentils)	4 to 5 portions/wk.
Fats and oils	limited
Sweets and added sugars	limited

\*Based on a diet of 2,000 calories a day

**FRIENDS**  
usually **SAVE**  
friends from  
**STROKE**

Learn to recognize the warning signs of stroke.

**F** FACE DROOPING  
**A** ARM WEAKNESS  
**S** SPEECH DIFFICULTY  
**T** TIME TO CALL 911