75% of the general population experiences some stress every 2 weeks.

- Stress is a normal reaction to any type of change and can be either good or bad.
- 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress and 42% say their coworkers need such help.
- Unmanaged stress can lead to an increased risk of mental and physical problems.

Tips to Reduce Your Stress

- **Take care of yourself.** Maintain a healthy diet, exercise, and make time for yourself.
- **Get moving** around UCI. Try Tai Chi in Aldrich Park, visit the ARC for a workout, take a walk around campus, and visit the Wellness Room in the Health Education Center to relax and reduce your stress.
- **Contact EAP** for help @ (800) 433-2320. The UCI Employment Assistance Program provides:
  - Crisis counseling
  - Concierge and resource retrieval
  - Legal and financial Consultation
  - Child and eldercare
  - E-support
  - Personal consultation

Visit wellness.uci.edu to learn more ways to reduce your stress.