fseap Now we're talking.

Solutions

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Working Well Under Pressure

Many jobs demand the ability to work well under pressure—but few offer training on how to do it. Most employees figure it out as they go, which can lead to poor habits, chronic stress, burnout, or even resignation. If your job is high pressure, see if these tips help you finish the day with more energy and less stress:

1) "I got this!" — Attitude is everything, even if it means faking it until you make it. By viewing pressure as something to manage rather than fear, you'll feel more in control, more resilient, and more positive.

2) Take micro-breaks — Set regular intervals to pause and detach from your duties, even if it's just for a few minutes. Hydrate and move. A quick flight of stairs can boost focus and energy.

3) One task at a time — Don't let your to-do list overwhelm you. Focus on one thing, and if stress spikes, pause, breathe, and regain perspective.

4) Look for support — Talk it out. The EAP is here to help you manage stress, refocus, and cope.

5) Use rewards — Pull yourself through tough days by anticipating something at the finish line.

Spring into Fitness with LIFT Session

With longer days and warmer weather, there's no better time to focus on your well-being. Whether you're looking to boost your energy, improve your mood, or simply feel better, LIFT Session is here to support your goals —wherever you are.

LIFT Session is a digital health platform offering personalized fitness and mental wellness coaching. From beginner workouts to stretching and mindfulness, it's designed to fit into your schedule.

No gym required—just a little motivation and some sunshine.

This spring, take a step toward a healthier you. Reach out to FSEAP to learn more and see how small changes can lead to big results.

Strength Training Matters as You Age

As we age, strength training becomes just as important as cardio—especially for preventing injuries. Maintaining muscle mass can improve balance, support metabolism, and enhance mobility.

Without regular strength training, muscles naturally weaken and become more injury-prone—even with everyday activities like bending, carrying, or pulling. With muscle atrophy, injuries can happen even when you use proper technique.

Strength training helps counteract this decline. It also supports bone density, reduces the risk of falls, and can help manage arthritis or diabetes. If you're new to it or have health concerns, talk to your doctor before starting.

Building strength now helps protect your future mobility and independence

Show You're a Self-Directed Employee

If you're known for taking initiative, anticipating needs, and solving problems, you may already be seen as a self-directed employee—someone managers trust and value.

Want to build that reputation? Try these strategies:

1) Instead of asking, "What should I do?," come with suggestions and options to discuss.

2) Be proactive. Don't wait to be told about problems—spot them early and offer solutions.

3) Don't wait to be asked, "How's it going?" Instead, share updates and results once a task is done.

These small habits help show that you're dependable, thoughtful, and capable—without constant supervision.

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