

News Release

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What Stresses You?

Tampa, Florida (May, 2010). According to Julio C. Muniz., a Certified Financial Planner (CFP), a Chartered Life Underwriter (CLU), and author of this article, money concerns are a significant contributor to stress. Research suggests that stress is making Americans sick. According to the National Institutes of Health, 80 to 90 percent of all illnesses are either directly or indirectly caused by stress.

For some, money concerns can cause ongoing stress. Yet, if your stressors come mainly from your work environment, you're not alone. Public opinion research finds that a great deal of stress that people feel is directly related to work issues.

In another study conducted by the Center for the New American Dream, researchers found that more than 50 percent of Americans would be willing to take a day off work without pay in an effort to feel less stressed and have more time with their families. Regain a better sense of control with these action steps:

- ◆ **Eat Right.** Avoid eating unhealthy snacks. Eating healthy food can increase your energy.
- ◆ **Drink Less Caffeine.** Drinking lots of coffee and sodas can increase your stress levels.
- ◆ **Exercise.** Exercise is a great way to relieve stress, so try to take a brisk 10-minute walk during the day, either around the hallways or around the building. Walking will give you a mental break from your tasks.
- ◆ **Stretch.** Stretching can help to relieve stiff muscles, which

- can hold tension and make you feel more stressed.
- ◆ **Simplify the Morning.** Getting up 15 minutes earlier, and packing lunches or laying out clothes the night before, can help create a routine and get you organized.
 - ◆ **Reflect.** Take a few minutes to reflect on the good things in life. Taking stock of what you have can improve your mood and outlook.

In order to obtain some good information in area of finances, find additional free online resources, including articles, calculators, newsletters, e-seminars and glossary of financial terms online at : www.munizandassociates.com.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact your EAP regarding any concern that you might have – you don't have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. If you need help in developing a specific plan to address whatever is contributing to your stress particularly in the area of financial worries, all you need to do is call your EAP and you will be directed to our experienced team of counselors. It is that simple. We will help you cope, find assistance, and guide you down the path to effectively dealing with your financial worries.