

# Solutions

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## Stop Deadline-Driven Stress and Dread

Call it deadline-driven stress, the procrastination-stress cycle, or last-minute syndrome. Looming deadlines can derail your plans, steal your time, distract you from what you enjoy most, and build a sense of dread and anxiety as pressure mounts.

So take steps to prevent this stress. When you are assigned a task, immediately take a first step: Divide the task into sections and give each a deadline between now and the final date. This immediately reduces significant stress of the project because it moves your frame of mind from feeling overwhelmed to having a structured view of the work, which gives you clarity and a feeling of more control.

By breaking the task into smaller, anticipated, yet manageable parts, you avoid deadline anxiety and crisis-driven productivity.



## A Staycation Might Be Just What You Need

Can you really take a vacation in your own town that promises to be full of fun and memories? Often called a staycation, the budget-friendly idea may sound unappealing at first. But if you can manage the cost of a nearby vacation rental and make time to plan daily excursions—such as trying new restaurants, enjoying local festivals, exploring museums, or hiking trails you've long ignored—it may surprise you how refreshing and memorable a staycation can be.

Being intentional is key to making a staycation work. Be sure to plan just like you would for an out-of-town vacation and establish boundaries that keep you from wandering home and breaking the rhythm. Once you slip back into checking emails, doing chores, or handling work tasks, you lose the "away on vacation" mindset that makes rest and renewal possible. Treat your staycation as sacred time—no different than if you had traveled miles away—and protect it with the same commitment.



## Organizational Change: Adapt Faster, Thrive More

Organizational change is often difficult because it disrupts your routine, imposes uncertainty and fear about the future, and upsets your sense of control over your life on and off the job. Since you can't stop organizational change, adapting to it faster is one key to reducing stress and taking advantage of it.

Tip: Avoid panicking or fighting change as the first reaction to the news; fully grasp what the change means. If you don't remain calm and formulate a deliberate approach, you can worsen your feelings of fear and miss examining opportunities that may suddenly exist. Find a way to engage with the new reality.

Employers often notice and may favour employees who respond to change with maturity and flexibility. Venting is normal, and coworkers are still your best bet for processing feelings, but the EAP is more likely to have the empathy and resource knowledge you're looking for. Avoid the "way things used to be" syndrome, which can dampen your ability to engage with change and discover how organizational change can work for you.

## Coffee without Breakfast: A Risky Morning Habit



Grabbing coffee on the run and skipping breakfast may seem like a fast and easy way to start your day, but this habit can set the stage for future health issues like hormonal imbalances, metabolic stress, and increased risk of conditions like Type 2 diabetes. Your body naturally produces cortisol, a stress hormone to help you wake up. Drinking coffee without eating causes your cortisol levels to spike higher. Without food to stabilize blood sugar, a midmorning energy crash soon arrives and can include fatigue, poor concentration, and irritability.

This habit grows riskier as you get older because dizziness, dehydration, or fainting may ensue. It's worse for those with high blood pressure or heart rhythm concerns. Protect your health by eating something to buffer caffeine's effects. If you experience an irregular heartbeat, lightheadedness, or fainting, consult a healthcare provider and share your use of caffeine and nutrition habits so they can offer advice on your specific needs.

## International Self-Care Day: Caring for Yourself to Better Support Others

July 24 marks International Self-Care Day—a reminder that prioritizing your well-being isn't a luxury, it's a necessity. For caregivers, this is especially vital. Whether you're supporting a child, an aging parent, or both, your ability to care for others depends on how well you care for yourself.

Balancing caregiving responsibilities with daily life can be overwhelming. Stress, burnout, and emotional fatigue are common—but they don't have to be the norm. Taking even small steps toward self-care can make a big difference: rest, recharge, and reach out when you need help.

Your Employee Assistance Program (EAP) is here to support you. If you're navigating childcare or eldercare concerns, don't do it alone. Contact your EAP for confidential consultation and support tailored to your needs. By caring for yourself, you ensure you're at your best—for yourself and for those who count on you.

