

Stress Management

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Chief Medical Officer



U.S. DEPARTMENT OF
ENERGY

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STRESS

- Inevitable
- Affects physical and mental health
- Can be managed with tools and support



REFRAMING

- Pull back to see the big picture
- Notice the good aspects and highlight them
- Try to see things from a different perspective



DON'T TAKE IT PERSONALLY

- It is usually NOT about you
- Don't read into things
- Stop the cascade of negativity



MICROBREAKS

- Step away
- Find one thing to appreciate
- Go back to work remembering that moment



YOUR OWN ADVICE

- How would you counsel a good friend?
- We are wiser than we know
- Have compassion for yourself



DIALECTICAL THINKING

- It isn't always "either/or"
- Think "and" instead of "but"
- Two things can be true at once



EMPLOYEE ASSISTANCE PROGRAM

- 24/7
- Confidential
- Free for employees and families

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- Workplace issues requiring input beyond open, honest conversations with your manager or skip-level
- Confidential
- Sounding board and resource

OMBUDS

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INTERNATIONAL
OMBUDS
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HELP LINES

- Crisis Text Line provides 24/7, free and confidential support and information by
 - text message (text HOME to 741-741)
 - online chat
 - WhatsApp (+1-443-787-7678).
- 988 Crisis Lifeline



STRESS MANAGEMENT

Aetna Health and Well-being Series: Stress Management

Friday, August 18 at 12 pm CDT

[CLICK HERE TO REGISTER](#)

Friday, September 15 at 2 pm CDT

[CLICK HERE TO REGISTER](#)



Don't forget: Daily meditation Monday through Friday at 12:30 p.m. [on Teams.](#)