

# Solutions

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## Stress Tips from the Field: Declutter a Small Space to Manage Stress

As a stress management technique, spend 15 minutes decluttering a small space within your living area. Decluttering gives you a win, but there is more to it. Your brain sends a signal that there can be order and control at a time when you're not feeling much of it.

This positive state of mind has ripple effects when you benefit from a feeling of accomplishment and well-being. A small dopamine release occurs when you declutter, and cortisol, the stress hormone, lessens. This then elevates your mood. Some studies have demonstrated improved sleep quality, too. So, the next time life feels chaotic, take a few minutes to declutter and get the calm, control, and renewed energy back into your day. Research: <https://extension.usu.edu> [search "declutter mental benefits"]

## Credit Education Month: Get a Grip on Impulse Spending

We often tell ourselves that spending is based on necessity, but emotions play a significant role—which is why big ad agencies devote all their efforts to influencing them. Unplanned, emotionally driven purchases of things we don't need, triggered by some desire but with little thought, are impulse purchases. Intervene with impulse purchases by increasing your awareness with two personal interventions.

- 1) Wait 24 hours before buying to see if you still want it.
- 2) Set a meaningful goal for the money you'd otherwise spend. This creates a strong incentive to skip the impulse purchase in favour of something more valuable later.

## Your Inner Voice Can Prevent Workplace Miscommunication

Pay attention to your inner voice when you sense a need to follow up, clarify, or check in with others concerning projects, events, and deadlines. You'll prevent misunderstandings, delays, and unnecessary stress.

By acting on this intuitive sense, you will hone a skill that helps you avoid costly problems while increasing workplace productivity. This week, try identifying passing thoughts such as "Should I double-check that deadline?" or "I wonder if she heard me say how many people will be at the meeting."



These kinds of thoughts are so fleeting that they are easily dismissed or forgotten on a busy day until the consequences of not acting on them appear. The skill is to recognize these cues—often felt as a gut instinct—to follow up, pause, assess, or take action to prevent a problem. The next part of the skill is to act promptly and dismiss the temptation to avoid acting because of the hassle it may entail. Ask experienced employees and managers, and they will tell you this skill is honed from hard experience.

Understand that your brain can process thousands of thoughts, but your intuition will capture the gaps and potential pitfalls, which are prompts for action. Avoid the last-minute panic and distress that come with “I should have...” or “I knew this would happen...” Doing so will surprise you with smoother workflows, fewer crises, improved morale, and happily avoided stress.

## Create an Action Plan for Your Well-being

Don't wait for healthcare problems to appear suddenly; instead, create a personal action plan to thwart illness and chronic disease. It's been said that 80-90% of health problems are associated with lifestyle and failure to prevent them, and research consistently supports this observation. Of course, genetics and the environment play a role in health, but lifestyle far outweighs these factors. Put these six pillars in your plan:

- 1) nutrition;
- 2) physical activity;
- 3) stress management and mental well-being;
- 4) sleep quality and recovery;
- 5) avoid toxic and environmental assaults (excessive screen time, too much negative news, noise, and chemicals/additives, etc.);
- 6) personal growth/creativity/self-improvement/joy.

To get started, check out this PDF from Mindset Business Psychology: <https://www.mindsetbps.com/wp-content/uploads/2023/06/Mindset-Wellbeing-Action-Plan-editable.pdf>



## Nutrition Month 2025

Spring is a season of renewal, and what better way to celebrate Nutrition Month than by aligning your eating habits with the freshness of this season. Revising your healthy eating habits will nourish your body and invigorate your overall well-being during this vibrant time of the year.

Take advantage of the E-counselling Nutrition Service from FSEAP. Participate in a fully online, self-directed experience with the benefit of online counselling from a Registered Dietitian. You will have access to an online nutrition portal with automated assessments and online nutrition tracking tools and resources (Goal tracker, Weight tracker, Recipes, Resource Library, Food & mood journal, etc.) to keep you moving forward on the path to success. Spring into action and connect with an FSEAP Registered Dietitian who will help you fill the season with healthy and delicious choices.

**Important notice:** Information in FSEAP Solutions is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. Contact FSEAP for further help, questions, or referral to community resources for specific problems or personal concerns.

