

HURRICANE SEASON GOT YOU STRESSED?

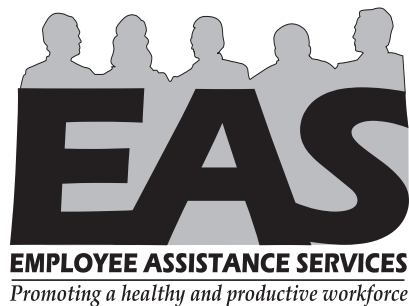


HURRICANE SEASON is approaching and we've hardly had time to recover from Wilma. We've all been affected in some way by the recent increase in hurricane activity. It is in the headlines, on the news and we've all suffered disruptions to our family and work. So, what should we do???

First - DON'T PANIC! We must realize that there are certain things we cannot change and we have no control over the weather. But, we *can* be **SMART** and **PREPARE** for the 2006 hurricane season by learning from our past experiences.

1. ***Be prepared*** - have a preparedness plan and an evacuation plan for your family and pets. The newspapers are filled with lists of things to do to prepare - use this advice! Don't be complacent! If you are prepared, you can better cope with the inconvenience. Taking action to protect yourself or your family can help restore a sense of control. You will know you've done your best.
2. ***Take care of yourself.*** Try some exercise. It'll help relieve stress build-up. Identify a social support group. Find ways to relax. Have good nutrition. Utilize your spiritual beliefs. Use humor. **AND**, talk about your anxiety with an objective listener before it takes control of you.
3. ***Realize nerves may be on edge.*** Be patient. Be realistic. If you've done proper preparation, you can get through this!
4. ***Accept that the storm will do what it wants.*** We can't fool Mother Nature!
5. ***Be safe, but don't feel as if you have to put everything in your life on hold.*** Go about your normal business as much as possible.
6. ***Be aware that children know when you are scared!*** It's important to talk to your children. They watch the news too. We as parents must act as role models and teach our children to handle adversity. Instill confidence in them by showing that you have prepared responsibly.

A certain amount of anxiety is normal. But, if you find yourself worrying excessively, and, if it is affecting your ability to function - REMEMBER, your Employee Assistance Service is here to help you deal with these feelings. Call today for a confidential appointment.



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202