When you're distressed...

Step away from your tasks for a moment.

Reflect on how you might be feeling:

- Overextended
- Preoccupied
- Angry
- Isolated
- Sad
- Unproductive
- Unfocused

What next:

Seek clarity and guidance on any expectations.

Prioritize tasks that are critical or high value.

Brainstorm ideas and a strategy for self care.

Contact EAP or CAPS for more assistance.

Remember:

Self care is self respect, not self indulgence.

Institutional Animal Care & Use Committee

First-Aid for Workplace Distress

Employee Support - EAP
Beyond Benefits Employee Assistance Program
1-800-327-4722
https://www.guidanceresources.com
Register - Organization Web ID: OSU beyon

Student Support - CAPS
Counseling and Psychological Services
541-737-2131
https://counseling.oregonstate.edu

Step 1: Print
Step 2: Cut along the dotted line
Step 3: Fold in half