

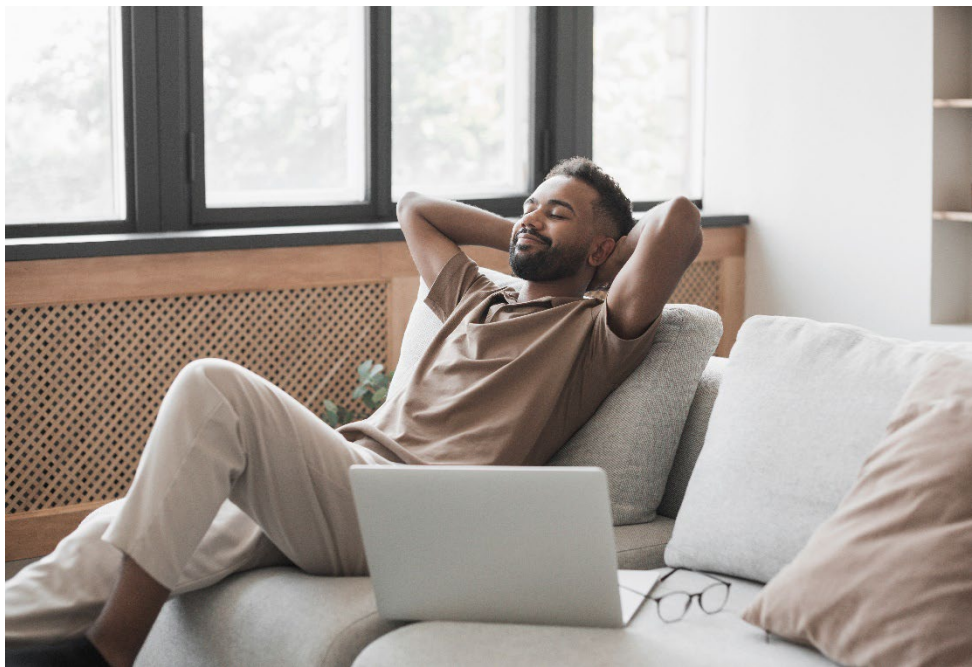
# OPTIMA EAP THOUGHT OF THE WEEK

## *December – Relaxation*

**Sometimes the most productive thing you can do is to relax.**

Some people experience cognitive manifestations of stress, such as a reduced ability to focus or pay attention, racing thoughts, incessant worry, compromised judgment, and pessimism.

Unhealthy thought patterns can lead to unproductive choices and actions. When under stress, sometimes it's more productive to simply be than do.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work. Call to schedule a confidential appointment with a licensed clinical professional.**

**1-800-899-8174**

Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.

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Employee Assistance Program

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