

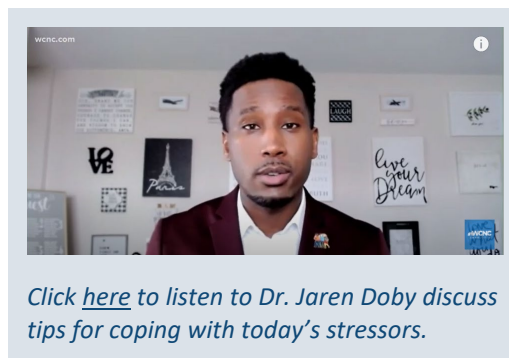


Feeling stressed? You're not alone.

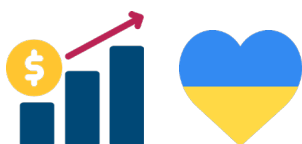
Just as we are finally beginning to turn a corner on the COVID-19 pandemic and get back to more normal routines, we are being hit with new stressors. Rising inflation and the situation in Ukraine are adding to already high stress levels. While we may not have control over these new stressors, there are things we can do to help deal with the impact they have on us and our overall mental health.

TALKING ABOUT WHAT'S GOING ON CAN HELP

Our **EAP**, provided by **ComPsych**, allows you to talk with an expert about any life challenges you're experiencing, including the new stressors we're all facing financially and emotionally. When you call the EAP, you can rest assured that everything you share will be kept strictly confidential. Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations. Don't forget that the EAP also offers online resources via [Guidance Resources](#). Just as you have an assigned phone number, you also have an assigned Web ID (go [here](#) and scroll down to find yours).



SURVEY SAYS AMERICANS ARE DEALING WITH ALARMING LEVELS OF STRESS



More adults rated **inflation and issues related to the invasion of Ukraine** as stressors than any other issue asked about in the 15-year history of the Stress in America™ poll¹



87% cited rising costs of everyday items, such as groceries and gas, as a "significant source of stress"¹



80% said they were concerned about potential retaliation from Russia, either through cyberattacks or nuclear threats¹

¹ [American Psychological Association Stress in America™ survey](#)

Inflation Is Inflating Stress Levels

A trip to the gas pump or grocery store is getting more and more expensive. And, it has many people feeling helpless. Whether your living paycheck to paycheck and don't know how you'll continue to afford the essentials or are worried about the impact inflation will have on your savings, inflation is causing concerns for everyone. The good news is you have resources to help you budget and plan for the future. You can access a financial advisor through CAPTRUST, the UNC System's investment advisor. [Schedule an appointment](#) for a free 30-minute call with one of CAPTRUST's nationally accredited financial advisors or call the Advice Desk at **800-967-9948** anytime. Keep in mind that CAPTRUST also offers [online resources](#) and the System Office has created a site called [The PIER](#) to offer you even more retirement/financial resources.

10 Things You Can Do To Reduce Stress and Improve Your Mental Health

- | | |
|--|--|
| <input type="checkbox"/> Eat healthy | <input type="checkbox"/> Spend time outdoors |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Take a screen break |
| <input type="checkbox"/> Get enough sleep | <input type="checkbox"/> Set small goals and celebrate successes |
| <input type="checkbox"/> Focus on things you can control | <input type="checkbox"/> Ask for help when you need it |
| <input type="checkbox"/> Connect with others | <input type="checkbox"/> Do something kind for someone else |

