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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Stress Management.

Stress Management Tips

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- Make time for hobbies, interests, and relaxation.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- Seek out social support. Spend enough time with those you enjoy.
- Seek treatment with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn healthy ways of dealing with the stress in your life.

Learn To Relieve Stress In The Moment

When you're frazzled by your morning commute, stuck in a stressful meeting at work, or fried from another argument with your spouse, you need a way to manage your stress levels right now. That's where quick stress relief comes in.

The fastest way to reduce stress is by taking a deep breath and using your senses-what you see, hear, taste, and touch-or through a soothing movement. By viewing a favorite photo, smelling a specific scent, listening to a favorite piece of music, tasting a piece of gum, or hugging a pet, for example, you can quickly relax and focus yourself. Of course, not everyone responds to each sensory experience in the same way. The key to quick stress relief is to experiment and discover the unique sensory experiences that work best for you.



Source: <https://www.helpguide.org/articles/stress/stress-management.htm>

Manage Your Time Better

Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. Plus, you'll be tempted to avoid or cut back on all the healthy things you should be doing to keep stress in check. The good news: there are things you can do to achieve a healthier work-life balance.

- Don't over-commit yourself
- Prioritize tasks
- Break projects into small steps
- Delegate responsibility



Source: <https://www.helpguide.org/articles/stress/stress-management.htm>

Breathing Techniques for Stress Relief



Take a deep breath in. Now let it out. You may notice a difference in how you feel already. Your breath is a powerful tool to ease stress and make you feel less anxious. Some simple breathing exercises can make a big difference if you make them part of your regular routine. Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
- Don't force it. This can make you feel more stressed.
- Try to do it at the same time once or twice a day.
- Wear comfortable clothes.

Many breathing exercises take only a few minutes. When you have more time, you can do them for 10 minutes or more to get even greater benefits.

Deep Breathing

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.

- Get comfortable.
- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose.

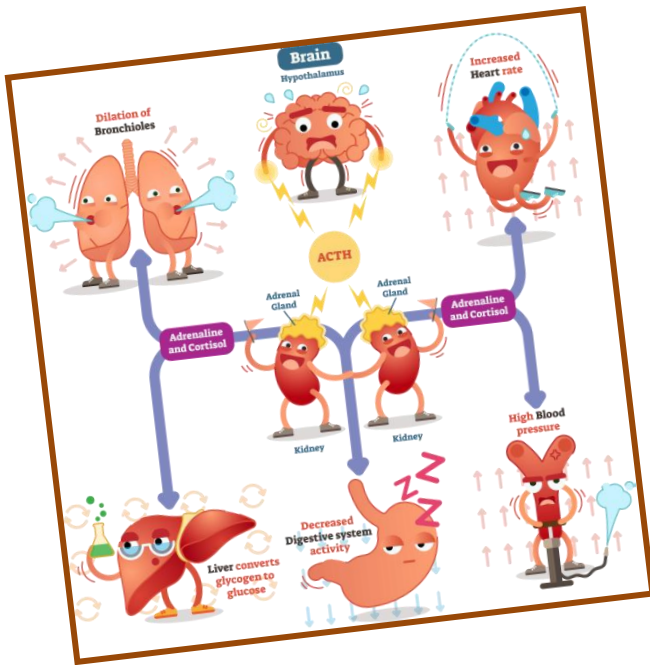
- Place one hand on your belly. Place the other hand on the chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Breath Focus

While you do deep breathing, use a picture in your mind and a word or phrase to help you find more relaxed.

- Close your eyes if they're open.
- Take a few big, deep breaths.
- Breathe in. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.
- Breathe out. While you're doing it, imagine that the air leaves with your stress and tension.
- Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."
- As you breathe out, say in your mind, "I breathe out stress and tension."
- Continue for 10 to 20 minutes.

Learn To “Pump The Brakes” On Stress



Laughter, physical activity and organizing your thoughts can be effective stress-management techniques. But something as simple as a short break can also be effective. Emotions are signals to help us recognize problems. Stress hormones help us fight-or-flee when we are in danger. But our body's stress response can become a problem when it constantly signals danger about issues that aren't necessarily a threat, or it grows to the point of overwhelming our health, well-being or clear thinking.

Source: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/what-is-stress-management>

Maintain Balance With A Healthy Lifestyle

In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress.

- Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat.
- Reduce caffeine and sugar. The temporary “highs” caffeine and sugar provide often end in with a crash in mood and energy.
- Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary.
- Get enough sleep. Adequate sleep fuels your mind, as well as your body.



Source: <https://www.helpguide.org/articles/stress/stress-management.htm>

Did You Know?

Be on the lookout for a new Blue Cross Blue Shield Insurance Card with the Benefits Value Advisor phone number, 1-800-521-2227. This benefit will be effective October 1, 2020.



BlueCross BlueShield of Texas



Get the most from your benefits

A Benefits Value Advisor* (BVA) is like a tour guide, helping to point you in the right direction.

BVAs can help you save money on health procedures and tests. They can also help you understand and use your benefits more wisely.

You'll get guidance for all your health plan benefits so you only need one call to get support. BVAs can help you:

- Maximize your benefits to get better value
- Get cost estimates for various providers and procedures
- Schedule appointments
- Find a doctor or facility
- Set up preauthorization

In addition, you can access Provider Finder® to search for in-network physicians, specialists or hospitals. You can estimate the cost and your out-of-pocket expenses for hundreds of procedures, treatments and tests. Log in to your Blue Access for MembersSM (BAMSM) account and click on "Doctors and Hospitals." If you haven't registered, go to bcbstx.com, click the "Log In" tab and then click the "Register Now" link.

Let's Get Moving!

Move of the Month

Exercise not
only changes
your body.
It changes
your mind,
your attitude
and your mood.

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30 Day Workout Challenge

BY YOURMODERNFAMILY.COM

- | | |
|-------------------------|--------------------------|
| 1 20 push ups | 16 30 leg lifts |
| 2 40 lunges | 17 2 30 second planks |
| 3 100 jumping jacks | 18 30 jump squats |
| 4 30 minute run | 19 15 burpees |
| 5 25 cherry pickers | 20 35 crunches |
| 6 60 second wall sit | 21 30 push ups |
| 7 BREAK! | 22 BREAK! |
| 8 100 mountain climbers | 23 100 seal jacks |
| 9 40 squats | 24 30 minute run |
| 10 25 V-ups | 25 35 donkey kicks |
| 11 30 second superman | 26 35 V-ups |
| 12 25 crunches | 27 50 Russian twists |
| 13 40 leg raises | 28 50 calf raises |
| 14 30 donkey kicks | 29 125 mountain climbers |
| 15 BREAK! | 30 Your Favorite! |

Coming Soon!

New Programs Effective October 1, 2020



- Prediabetes
- Diabetes
- Hypertension
- High Cholesterol



- Diabetes
- Hypertension