

Plan for Health: April 2022



This month's highlights include **Stress Awareness Month, Daily Steps to Less Stress Wellness Coaching Program, and Sharecare's featured Challenge.**

Stress Awareness Month

Stress is something that everyone faces and can be caused by relationships, finances, work, grief, health, the Covid-19 pandemic and other life events. Everyone will experience stress in a different way and learning how to cope with stress can impact how stress affects your physical, mental and emotional health.

Stress can cause:

- Feelings of fear, anger, sadness, worry, numbness or frustration
- Changes in appetite, energy, desires and interests
- Difficulty concentrating and making decisions
- Physical reactions such as headaches, body pains, stomach problems and skin rashes
- Increases in dependency on tobacco, alcohol and drugs
- Worsening of mental health conditions
- Worsening of chronic health problems like heart disease or stroke

Ways to cope with stress:

- Take time to unwind
- Take care of your body by exercising regularly, eating nutritious food, getting enough sleep, and avoiding excess alcohol, tobacco, and substance use
- Share your feelings or problems with a family member, doctor, friend, or counselor
- Connect with others
- Take breaks from reading, watching, or listening to news stories
- Connect with your community
- Unwind with yoga, meditation, or deep breathing exercises

Featured Wellness Coaching Program: Daily Steps to Less Stress

This program is designed to help gain a better understanding of what stress is and how it can impact your life. Wellness coaches will work with you to learn effective and enjoyable skills for coping with everyday ups and downs. This program can help improve blood pressure, weight, and state of mind.

Stress management can help you:

- Improve your mood and patience
- Feel calmer
- Sleep better
- Strengthen your relationships
- Think more clearly

Work with a wellness coach to learn:

- Healthy coping skills
- Time management skills
- Stress management basics
- Relaxation techniques
- Mindfulness activities
- Building stress resilience

Connect with a coach by calling **1-800-650-8442**, or the number on the back of your medical ID card. Or visit your member website to learn more.

Sharecare Featured Challenges

Stress less this spring by focusing on ways to reduce your stress. Track your stress for 21 days in the green this April to complete the challenge! Join the challenge by clicking Achieve → Challenges → Spring for Less Stress beginning 3/21.

Join the **National Walk at Lunch Day** challenge on 4/27 and hit a goal of 7,000 steps (steps in the green) for that day. Enrollment will open on 4/13, two weeks prior to the day. Click on Achieve → Challenges → National Walk at Lunch Day.

Plan Ahead: Join us next month for May's health topic: **Better Sleep Month and Time to Sleep Well Wellness Coaching Program.**

