# -Step Stress Management Plan

Keep worries at bay! Most of us have stress; the issue is how we respond to it. If you let stress hang over you, or you constantly feel like your life is spinning out of control, it can wreak havoc on your body. Here's a plan to avoid letting your worries overwhelm you.



The first step to managing stress is pinpointing the true culprit.



#### Make a To-Do List.

Writing down a to-do list takes just a minute and saves you more time than that.



#### Don't Just React, Work on a Resolution. Worried about something? Tackle it instead of ignoring it.

#### Focus on the Moment.

Being mindful - really tuning in to the present, not the past or the future - can help you focus on handling the tasks at hand.

Cry It Out.

Tears help wash away

emotional stress brought

on by intense feelings of

joy, grief, or panic.



#### **Release Muscle Tension.**

Progressive muscle relaxation is a technique that involves flexing and relaxing your muscles to help relieve some of the physical stress that builds up.

#### Build Stronger Muscles.

Strength-building can help you stay one step ahead of stress.



#### Exercise Away Stress.

Not only can exercise help you stay calm when you feel anxious, it can also boost your energy and improve

#### Meditate and Breathe Deeply.

Meditation not only helps reduce stress by lowering your heart rate and blood pressure, it can also help you focus, learn, and remember.



#### Take a Step Back. Sometimes problems look worse

than they really are; you might see that you're actually doing better than you think.



#### Laugh It Off.

A good belly laugh can ease stress and reduce levels of the high-anxiety hormone, cortisol.

#### Schedule a Worry Period.

Devote limited time periods each day for worry. This helps put you in control over when worries can worry you.



Adapted from 12-Step Stress Management Plan slideshow available on the Sharecare site

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## Manage Your Stress Through the *Be Well SHBP* Well-Being Program!

# **Did You Know?**

Through the *Be Well SHBP* well-being program, you have resources available that can help you manage your stress. Many of these activities will also reward you with well-being incentive points!



#### Schedule a coaching call.

Our well-being coaches can help you learn how to manage stress. Earn 60 well-being incentive points for each completed coaching call per month.

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## Join an online challenge and track healthy behaviors that help manage stress.

Challenges rotate; you can earn 120 well-being incentive points for each completed challenge, up to a total of 240.



#### Visit the "Inspirations" Video Channel available to you after logging in to your *Be Well SHBP* account (through the Sharecare app or the BeWellSHBP.com website).

You'll find dozens of transformational videos for mind, body and spirit by navigating to "Inspirations" through the Discover section of the app or website.

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#### Don't Forget to Redeem Your Well-Being Incentive Points!

You and your covered spouse are each eligible to earn up to 480 well-being incentive points. Visit the Rewards section within the Sharecare app (or log in at <u>BeWellSHBP.com</u>) to verify your points earned, and redeem for your choice of reward:

- A \$150 Visa Reward Card (to use anywhere Visa is accepted), OR
- A \$225 Walmart Gift Card (to use in participating stores, for pharmacy or vision center items), OR
- **480 well-being incentive credits** (to apply toward eligible medical and pharmacy expenses). Well-being incentive credits can be redeemed in increments of 120 points.