



➤ Stress & resiliency

April

Fight stress with exercise and laughter

Keeping stress inside can have a negative effect on you, both physically and mentally. Staying active and expressing yourself in various ways can help relieve everyday stress and brighten your mood. Engaging in a mixture of the following activities during stressful times can bring a sense of calm and peace that benefits your emotional well-being and overall health.

- Get active (walking, jogging, yoga, gardening, etc.)
- Meditate to clear your mind
- Laughing produces good, relaxed feelings
- Make social connections
- Get plenty of sleep
- Listen to or play music
- Express your thoughts in a journal

Resiliency is essential during tough times

Resiliency is a critical asset for coping with personal problems or getting through a traumatic event. While resiliency can help you see beyond tough times, it doesn't mean ignoring the personal setbacks you may be experiencing.

If you are going through difficult times, consider the following tips to help you become more resilient and keep a healthy, positive perspective:

- Maintain strong, positive relationships with friends and loved ones
- Find purpose and accomplishment every day
- Actively participate in activities or hobbies you enjoy
- Be proactive in planning and improving your situation
- Tend to your own needs and feelings
- Look forward and remain hopeful that things will get better

Source: Mayo Clinic

Health benefits are immediate when you kick tobacco use

Quitting tobacco can have a dramatic impact on your long-term health, but there are also some great benefits of quitting tobacco that you – and those around you – will notice right away. These benefits can improve your day-to-day life a lot, and include:

- Food tastes better
- Your sense of smell returns to normal
- Your breath, hair and clothes smell better
- Your teeth and fingernails stop yellowing
- Ordinary activities leave you less out of breath (for example, climbing a flight of stairs or doing light housework)
- You can be in smoke-free buildings without having to go outside to smoke

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin and gum disease.

Source: American Cancer Society

Health plans in Washington provided by Moda Health Plan, Inc. 5063406_WA (6/14)
*Health coaching programs may not be included in all benefit plans