Employee Wellness Toolkit | May 2024  
**Premera Plan Members**

**EMAIL ARTICLE**

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A person sitting in a chair by a lake

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Calm & Collected: Managing Stress for a Better Life

Stress is a natural part of life and managing it effectively can help you lead a balanced, healthy life. Coping with stress involves dealing with pressure in a way that keeps you steady and resilient. Different coping methods work for different people, so finding what works best for you is key.

Here are some tips to help you cope with stress effectively:

* **Reframe Stress:** How you view stressful situations plays a major role in your stress levels. By seeing challenges as opportunities, you can shift to a more positive mindset. Saying things like "I can do this" or "This is only temporary" can help you cope better.
* **Take Control:** Feeling a sense of personal control over your stress can be empowering. People who handle stress well see themselves as problem solvers and take proactive steps to manage difficulties. This helps prevent stress from escalating.
* **Know Your Limits:** It’s important to recognize when you can’t control a situation. Accepting your limits can prevent frustration and tension. In situations where you can’t change the outcome, letting go can bring peace.
* **Healthy Ways to Cope:** Taking care of your body and mind is crucial for managing stress. Exercise, healthy eating, and plenty of sleep can improve your resilience. Taking breaks from screens and news can also help you relax. Connecting with others and sharing your feelings with trusted people can provide support.

**Avoid Unhealthy Coping Techniques**

Alcohol and drugs may offer temporary relief, but they can create additional problems and exacerbate stress. While drinking may seem helpful in the short term, it can result in alcohol use disorder (AUD), a serious medical condition.

**When to Seek Help**

If stress becomes overwhelming and continues to affect your daily life, it may be time to seek help. Talking to a professional counselor or therapist can provide the support you need to regain control and manage stress effectively.

By implementing these strategies and seeking help when needed, you can manage stress and improve your overall well-being.

**READ MORE**

[Making](https://www.advantageengagement.com/p_content_detail.php?id_division=d03&id_module=m021&id_element=001&id_cr=28697) Time for Yourself

[Dealing with Work Stress](https://www.advantageengagement.com/p_content_detail.php?id_division=d03&id_module=m021&id_element=001&id_cr=100683)

**YOUR MENTAL & BEHAVIORAL HEALTH BENEFITS**

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

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* **Healthy Ways to Cope:** Taking care of your body and mind is crucial for managing stress. Exercise, healthy eating, and plenty of sleep can help you relax. Get support by sharing your feelings with others.

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**Are you feeling overwhelmed by stress or other life events? Help is a phone call away.**

Call the Employee Assistance Program, Behavioral Health Systems, at 800-245-1150 to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

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