Employee Wellness Toolkit | February 2025  
**Premera Plan Members**

**EMAIL ARTICLE**

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A person sitting at a desk with a computer and a book

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**Managing Stress and Anxiety**

Stress and anxiety are common challenges that many people face, but they don't have to control your life. Taking the time and effort to manage your stress effectively can improve your mental health, relationships, and even your productivity. Here are some practical tips for managing stress and anxiety effectively.

* **Practice Meditation:** Meditation is a powerful tool for calming the mind and acknowledging your emotional state, which can help provide clarity and relief. This method is known for lowering your stress levels and helping individuals build resilience against potential triggers for anxiety.
* **Create a Calming Space:** Your senses can be powerful tools for relaxation. Create a calming space at home filled with comforting elements like soft lighting, soothing music, candles, or cozy blankets. Visit this space when you feel overwhelmed to give yourself a restful reset.
* **Embrace Play:** Stress can make life feel heavy, so counterbalance it with moments of fun and silliness. Try engaging in lighthearted activities like playing with a pet, starting a game night with friends, or experimenting with a hobby like learning a musical instrument or drawing.
* **Set Boundaries:** Overcommitting can lead to burnout and unnecessary stress. Learn to say no to things that drain your energy and establish clear boundaries between work, family, and personal time. This helps create space for relaxation and self-care.
* **Limit Exposure to Stressors:** While it's impossible to avoid all stressors, you can control how much you engage with certain triggers. For example, take breaks from the news or social media if they leave you feeling overwhelmed.
* **Seek Professional Guidance:** If stress and anxiety feel unmanageable, consider consulting a mental health professional, who can help you develop coping mechanisms.

Managing stress and anxiety is a continuous process, but small, intentional steps can make a significant difference. By taking care of yourself and seeking support when needed, you can cultivate a life of balance and calm.

**RESOURCES**

[The Relationship Between Stress and Communication](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2024-11)

[Caring for Your Mental Health](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2025-01)

**ALWAYS THERE FOR YOU** | 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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