

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

April 2018



Work woes? Say goodbye to job stress now.

It's the phone that won't stop ringing. The co-worker who pesters you with questions. The deadlines that keep coming. Job stress is everywhere—and people have different ways of dealing with it.

If you're suffering from job stress, you can get your life back on track by learning how to get it under control. Which one of the following tips will work for you?

- **Make a list of your projects and deadlines** so you can keep track of what's urgent. Decide what matters most and what can wait.
- **Learn to say "no."** Try not to overcommit yourself—it's a recipe for stress!
- **Give some of your projects to others.** Sharing your work load can be a big help. It's not always important to have complete control.
- **Focus on one thing at a time.** In some cases, you can do two things at a time. But if you start to feel stressed, go back to doing one thing at a time.
- **Try to limit distractions and interruptions.** Ask others to give you a block of time when you're not disturbed.

Physical activity can help lower stress, too!

Regular exercise is one of the best ways to manage stress. It can help in many ways, including promoting a feeling of well-being.

Experts recommend 2.5 hours of aerobic activity every week. You might want to talk to your doctor before starting a physical activity program.



Upcoming events

Wellness Webinar Series

Work, Life, and You

April 10, 2018

9:00 am, 11:30 am and 3:30 pm CT

<http://go.activehealth.com/wellness-webinars>

Relaxing your mind and body

Take a deep breath. Hold it for a moment, and then exhale. Do you feel more relaxed?

There are different ways to relax your mind and body—and one great way is to practice breathing exercises. Being relaxed can help ease stress and relieve anxiety, depression, and sleep problems.

Ready to try these other relaxation tips?

Relaxing the mind

- Take slow, deep breaths
- Listen to soothing music

Relaxing the body

- Do yoga
- Be active, such as go for a walk
- Have a warm drink without alcohol or caffeine in it, such as herbal tea or warm milk



Coach's corner

Meet Scott, a coach who enjoys helping people practice the simple *but not easy* technique of mindfulness meditation. It's a great tool for helping people thrive and making lasting changes.



Scott's Tips for Work-Life Balance

Like a lot of us, you're probably juggling work, family responsibilities, and squeezing in anything else that life throws your way. It's no surprise that you might feel stressed and imbalanced. If you're ready for better work-life balance, consider these tips.

Work

- Set manageable goals each day
- Take breaks
- Communicate your needs clearly

Home

- Unplug from electronic devices
- Stay active
- Practice taking deep breaths

Check out the NEW ActiveHealth Mobile App



Here is how you can start using the new mobile app today—

1. Download the ActiveHealth app in the App Store or from Google Play.
2. Have you registered already at MyActiveHealth.com? If so, use your username and log in information. If not, complete the registration.
3. Complete or update the Health Assessment and begin working on your health goals.

For technical support call: 888-588-8741

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