

Tips for Putting Mind over Matter

We can't eliminate stress, but we can learn to manage it by building stress busters into our schedule. The trick is to incorporate stress-reducing activities, like the ones below into your day. Try checking off how many you've done today, and see if you can increase how many you check off tomorrow.

- Do your best and then let it go.
- Don't eat at your desk or in front of a pile of bills.
- Get enough sleep by cutting down on time killers, such as mindless web surfing and TV watching.
- Get rid of excess clutter and build more space and simplicity into your life.
- Give up people-pleasing habits.
- Make time to socialize with people you like and who energize you.
- Meditate: This is like turning off the spigot on stress hormones.
- Pace yourself. You can't do everything at once.
- Practice muscle relaxation.
- To avoid constant anxiety, set aside a scheduled time to worry.
- Start moving: Find a physical activity you like or can at least tolerate – dancing, cycling, stretching, walking, etc. – and do it for at least 30 minutes a day.
- Spend time doing a hobby, such as crafting or gardening, to divert your mind.
- Take slow deep breaths when you wake up and before bed.
- Treat yourself like your own best friend.
- Use caffeine and alcohol in moderation.

Horizon Blue Cross Blue Shield of New Jersey wants to help you get the care you need. You can learn more about Horizon Behavioral HealthSM at shbp.horizonblue.com/health-wellness/health-programs/horizon-behavioral-health.

Always talk with your doctor before making any changes to your exercise or diet.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Source: Beacon Health Options

Always talk with your doctor before making any changes to your diet.

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey.

The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association.

The Blue Cross[®] and Blue Shield[®] names and symbols are registered marks of the Blue Cross and Blue Shield Association.

The Horizon[®] name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.

© 2018 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.



Horizon



Horizon Blue Cross Blue Shield of New Jersey

HorizonBlue.com/shbp

CMC0011788C (0418)