

April is Stress Awareness Month

How to be a stress buster

Many of us move from one obligation to the next within our crowded schedules, with little ability to avoid stress. Here are ideas for managing it.

- **Prioritize your relaxation.** For most people, relaxing is at the bottom of their list. For the sake of your health, change that!
- **Do not over-commit to activities.** Learn to decline requests sometimes.
- **Try relaxation techniques.** Calm yourself via deep breathing, meditation or doing progressive muscle relaxation (alternately tensing and releasing muscle groups).
- **Follow an exercise routine you can enjoy.** Regular exercise keeps you strong and boosts your ability to handle stress.
- **Schedule unwind time.** Whether it is having a cup of coffee with a friend or going for a long weekend morning walk in the woods, keep those chill-out commitments!



Scan the QR code to visit Member.MagellanHealthcare.com and select your employer to access your benefits. Or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) to get started.