

# Daily Steps to Less Stress

Balancing Life's Ups and Downs

## What's your reason for better managing your stress?

I want to feel calmer.

I want to improve my mood and have more patience.

I want to improve my relationships and be more pleasant.

I want to sleep better.

I want to think more clearly.

## Managing stress is important for overall health, well-being, and the prevention and management of medical conditions.

The Daily Steps to Less Stress Program was developed to give you a better understanding of what stress is and how it impacts your life. It provides enjoyable and effective skills to help you better cope with life's day-to-day ups and downs.

By better managing your stress you can improve your state of mind, blood pressure, and weight. And, if you have diabetes, learning how to manage your stress can help you gain better control over your diabetes.

### Your wellness coach will guide you in learning many approaches that can help you better manage the stress in your life, including:

- Stress management basics.
- Developing healthy coping skills.
- Relaxation techniques.
- Time management skills.
- Mindfulness activities.
- Building stress resilience.

Whether you're looking to find balance, improve your productivity and efficiency, learn skills to combat stress and cultivate a sense of peace, or simply develop healthier lifestyle habits, this program is right for you!

### How to Participate

Call a wellness coach to enroll in the program and you will receive a workbook to use as a guide. You will work directly with a wellness coach over the phone to explore the program materials, set goals, and discuss your progress. You will have scheduled follow-up calls with your coach. And, if you have questions or run into challenges along the way, you can call your coach anytime.

**Call today to take the first step to managing the stress in your life.** For more information and to enroll in Daily Steps to Less Stress, call a wellness coach at **1-800-650-8442**.



Blue Cross and Blue Shield of Florida is an independent licensee of the Blue Cross and Blue Shield Association. Blue Cross, Blue Shield and the Cross and Shield symbols are registered service marks of the Blue Cross and Blue Shield Association.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

Kominike : Si se Kreyòl Ayisyen ou pale, gen sèvis entèprèt, gratis-ticheri, ki la pou ede w. Rele nan nimewo ki nan do kat idantite w la (TTY: 711).