

BE IN THE MOMENT

Be Present. Be Well.



Healthy Ways to Cope with Stress

- Keep a positive attitude.
- Try relaxation exercises such as deep breathing or meditation.
- Exercise regularly and eat healthy, well-balanced meals.
- Reduce alcohol consumption.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- Learn to manage your time effectively.
- Make time for hobbies and interests.
- Seek social support.
- Connect with your community and faith-based organizations.
- Take a break from watching, listening to, or reading the news.
- Seek treatment with a psychologist or other mental health professional to learn more healthy ways of coping with the stress in your life.

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This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed health care professional. Check in with your health care provider and/or your Employee Assistance Program if being overwhelmed is interfering with daily living or activities you would like to do.

Sources:

CDC.gov. *Stress and Coping Resources*. <https://www.cdc.gov/mentalhealth/tools-resources/index.htm#cope-with-stress>. Accessed 09/20/2022.

WebMD.com. *Ways to Manage Stress*. <https://www.webmd.com/balance/stress-management/stress-management>. Accessed 09/20/2022.

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

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Healthier starts with you