

# KEEP STRESS IN CHECK

If stress and anxiety are getting you down throughout the day, try these tips to clear your mind.

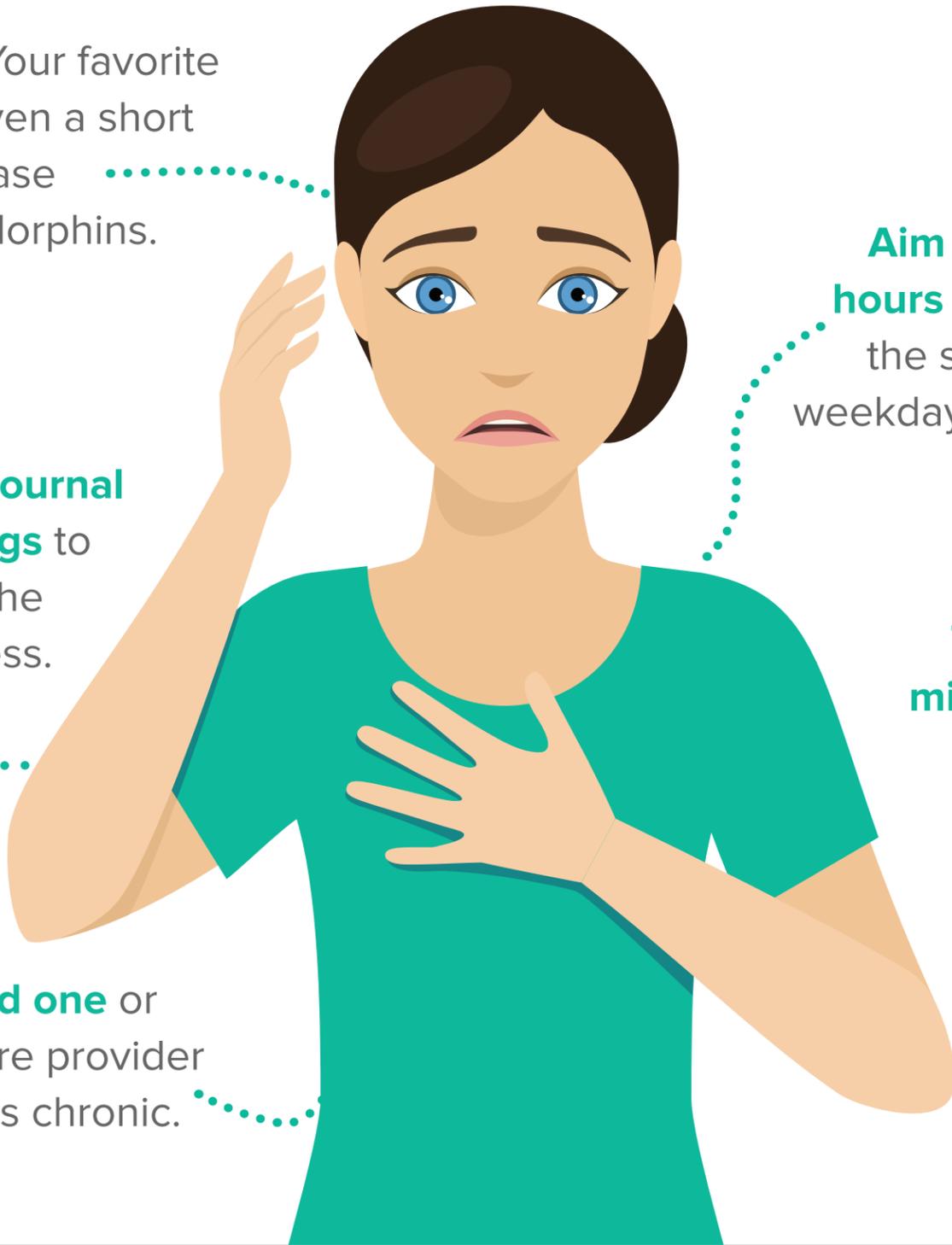
**Move more.** Your favorite exercise or even a short walk can release feel-good endorphins.

**Keep a daily journal of your feelings** to help identify the causes of stress.

**Talk to a loved one** or your healthcare provider if your stress is chronic.

**Aim for seven to nine hours of sleep**, keeping the same schedule on weekdays and weekends.

**Take a five to ten minute break** in the middle of a tough task to try some deep breathing.



## Keep Your Health Goals

Make time for the activities that bring you joy, even if it's only for a few minutes each day. Read a book, revisit a hobby, or schedule a coffee date with friends.

## Track Your Stress

Sign up (or log in) to your *Be Well SHBP* account, join a challenge, and track your stress levels. Use the data to help you make healthier choices to minimize your stress.

Learn more about the *Be Well SHBP* well-being program, and how to earn well-being incentive points.

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