

Daily Steps to Less Stress

**TALK TO A WELLNESS COACH ABOUT A
PERSONALIZED PLAN TO MANAGE STRESS.**

Stress management can help you:

- Feel calmer
- Improve your mood and help you have more patience
- Strengthen your relationships
- Sleep better
- Think more clearly



Managing stress can help improve your overall health and well-being.

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. Our wellness coaches will walk you through enjoyable and effective skills for coping with everyday ups and downs. This program can help improve your state of mind, blood pressure, and weight. If you have diabetes, managing your stress can help you gain better control of your health.

Your wellness coach will guide you through many approaches to 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.

**Call 1-800-650-8442 to get connected with a coach,
Monday – Friday, 8:30 a.m. – 7:30 p.m. ET,
or visit HighmarkHealthCoachBCBS.com to learn more.**

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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).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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