

Understanding Stress & Building Resilience

Evaluate your life

Write down three items from your life in each section:

Important & Controllable

Take Charge!

Examples:

- Work, exercise, diet

Take charge of these things and meet them head on.

Unimportant & Controllable

Prioritize

Examples:

- Going to the movies, playing video games, vacations

Decide what is priority and manage your time accordingly.

Important & Uncontrollable

Learn to cope

Examples:

- Death in the family, government shutdown, job loss

Learn what you can do to cope.

Unimportant & Uncontrollable

Develop serenity

Examples:

- Traffic, other people, weather

Develop a plan to deal with these things.



Positive Coping

Breathing/Meditation-Breathing is the easiest to learn and provides the fastest results. The STOP method can help you focus and relax:

S = Stop what you are doing: Press the pause button on your thoughts and actions.

T = Take a few deep breaths to center yourself and bring yourself fully into the present moment.

O = Observe what is going on with your body, emotions and mind.

P = Proceed with whatever you were doing, making a conscious, intentional choice to incorporate what you just learned.

What is one activity you do to relieve stress?

Fillable Text (Arial 12/14)

Does stress affect your food choices or eating habits?

Fillable Text (Arial 12/14)

If stress does affect your eating habits, you have weight and lifestyle management resources to help you get back on track:



Scan the QR code to visit the HealthSelect website for more information.



The four A's of managing daily challenges



Avoid fight or flight situations by

- Saying "no"
- Avoiding people who make you feel anxious
- Taking control of your environment
- Avoiding hot-button topics
- Paring down your to-do list

Alter your reaction by

- Expressing your feelings
- Compromising
- Being assertive
- Managing your time

Adapt to challenges by

- Reframing problems
- Looking at the big picture
- Avoiding perfectionism
- Focusing on the positive

Accept the things you cannot change by

- Letting go of the uncontrollable
- Looking for the upside
- Sharing your feelings
- Learning to forgive

The Four A's of Stress Management

Think about the last stressful situation you faced. How could you apply the four A's?

Avoid

Fillable Text (Arial 12/14)

Alter

Fillable Text (Arial 12/14)

Adapt

Fillable Text (Arial 12/14)

Accept

Fillable Text (Arial 12/14)



HealthSelect resources within your control

- Learn to Live
- Doctor On Demand® and MDLIVE®
- Mental health care management
- 24/7 Mental Health Line

Scan the QR code to visit the HealthSelect website for more information.



What is one way you will begin to reduce or manage challenges today?

Fillable Text (Arial 12/14)

Additional resources

If you or someone you know is struggling or in crisis, you can access the national Suicide & Crisis Lifeline by calling or texting 988 or through online chat at [988lifeline.org](https://www.988lifeline.org).

Substance Abuse and Mental Health Services Administration
[samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

The American Institute of Stress
[stress.org](https://www.stress.org)

National Domestic Violence Hotline
(800) 799-7233

National Institute of Mental Health
[nimh.nih.gov](https://www.nimh.nih.gov)

National Suicide Prevention Lifeline
(800) 273-8255

National Parent & Youth Helpline
(855) 427-2736

Childhelp National Child Abuse Hotline
(800) 422-4453



Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.

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