

Stress Management

Get a free stress management CD.

For our prehistoric ancestors, stress was a lifesaver — a natural reaction to danger that prepared them to defend their shelter or flee from a wild animal. For us, a little stress can still be positive — helping us feel excited or perform better. But severe or prolonged stress can actually threaten health. It has been linked to six of the leading causes of death, including heart disease and cancer.¹



Get a free stress management CD by visiting ibxpress.com. This audio program can help you learn to balance your life, relieve your stress, and get more done in less time. In fact, it'll help you learn to make stress work for you. We'll also include a stress management booklet with helpful stress reduction techniques.

Meanwhile, try this:

Stress is an unavoidable part of life. Some stress is normal, but too much stress can affect your quality of life and your health. It is important to utilize various stress management techniques to relieve stress, such as:

Maintaining a healthy diet. A diet low in fat and high in fiber and complex carbohydrates might help relieve your stress.

Exercising. Regular physical activity is one of the most effective stress management techniques.

Expressing your feelings. This is a part of the emotional healing process.

¹ Cary L. Cooper, *Handbook of Stress Medicine and Health*, CRC Press, London, 2005.

Writing. Research has proven that expressing one's self in writing is an effective way to reduce stress.

Making choices for a healthier lifestyle. This includes not smoking and limiting your alcohol consumption.

Relaxing. Take a few deep breaths, talk to a friend, take a walk. If it calms you down, it fights stress.

Getting enough sleep. Your body recovers from the stress of the day while you are sleeping.

Better sleep

The average adult requires eight hours of sleep per day. It's essential for good health, mental and emotional functioning, and safety. The National Highway Traffic Safety Administration says drowsiness causes more than 100,000 traffic accidents a year. How much sleep do you need? Calculate it this way: The amount of time it takes you to awaken without an alarm clock and feel fully rested is an adequate night's sleep.



Want to sleep better?

Keep a regular sleep calendar. Perhaps you've heard of "circadian rhythms" — your body's sense of the 24-hour clock. Your body wants to sleep between midnight and 6 a.m., even if you work the night shift.

Avoid caffeine. It's a stimulant.

Avoid nicotine. Another stimulant.

Avoid alcohol. It might help you relax and fall asleep, but it causes disruptions throughout the night.

Don't eat or drink too much close to bedtime. This can make you less comfortable going to sleep, especially if you have a heavy meal, eat spicy food, or drink lots of fluids.

Exercise at the right time to promote sleep.

Exercise contributes to better sleep, provided you don't do it just before going to bed.

Use bedtime relaxation techniques. A relaxing routine activity, such as a warm bath, reading, or listening to music, may make falling asleep easier.

Create a sleep-promoting environment. Keep it cool, quiet, dark, and free of noise and bright lights. Your mattress should be comfortable and supportive.

Order your free stress-relief CD **today!**



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