

Blue Cross and Blue Shield of Florida provides the Stress Management Tool Kit to help your employees learn to recognize and cope with stress.

In addition to printed materials, the Stress Management Tool Kit includes links to online learning videos: The first reveals how stress affects the body and how to recognize potential stressors. The second addresses techniques for coping with stress.

Stress Management Tool Kit: EDUCATIONAL MATERIALS

Coping with Stress

When experienced over a long period of time, stress can damage your health. Chronic stress has been linked to many health conditions, including high blood pressure, heart disease and stroke. It can also impact your sleeping habits, mood and overall quality of life. While the exact circumstances that trigger stress may be unavoidable, you do not have to let stress control you. By learning ways to manage stress-causing situations effectively, you can not only improve your health, but your life.

Use these tips to help manage stress:

- Exercise, take a brisk walk or try yoga.
- Take progressive relaxation.
- Keep a journal or diary.
- Take daily breaks from the computer, which is sometimes called "tally hoarding."
- Make a list of chores and errands - putting them on paper can stress already too many things about the number of tasks on your to-do list.
- Practice healthy eating habits.
- Try meditating, visualizing or retreating to a quiet area.
- Get a massage.
- Use positive self-talk.
- Take time to learn and/or develop a hobby.
- Practice friendship and a social support network - it is important for these emotions to talk to.
- Slow down and simplify your life.
- Try counseling sessions, especially those that focus on changing one area of thinking.

Coping with Stress: FYH238FL

Measure Your Stress

The following scale, developed by Thomas Holmes and Richard Rahe, is most commonly recognized as a tool to investigate the relationship between social environment, stress and susceptibility to illness. **Review the events listed below and place a check by any that have happened to you within the last 12 months.**

Death of a spouse	100	Increase in arguments or frequent anger	35
Divorce	73	Marriage or court for major purchase	31
Marital separation	65	Financial loss or mortgage on loan	30
Death of a close family member	63	Change in responsibilities at work	29
Marital status	60	Start or change sleeping habits	28
Sexual problems with or stress	59	Travel with in-laws or children	28
Marriage	50	Outstanding personal achievement	28
First job at work	45	Spouse begins/starts work outside home	26
Medical consultation	40	Retired or parental habits	24
Change in health of family member	40	Trouble with boss	23
Pregnancy	40	Change in work hours or conditions	20
Start of a new family member	38	Change in residence	20
Job change	38	Healthier	15
Change in financial status	37	Change in	14
Death of a close friend	36	Minor violation of the law	11

Interpretation
Those who score a 100-200 during a one-year period have a 50 percent chance of developing an illness or experiencing a change in their health. 50% of those of 500 or more, chronic increase to 80 percent.

TOTAL POINTS FROM THIS SCALE

- 0 - 149: no significant problem
- 150 - 199: mild stress
- 200 - 299: moderate stress
- 300 and up: major stress
- 300 and up: major stress, 50% chance of future stress

Measure Your Stress: FYH239FL

Stress & Your Body

Did you know that almost every system in your body can be damaged by stress? Here are some examples:

Immune System
Chronic stress causes the body to release cortisol, a hormone which suppresses the immune system. This can lead to increased susceptibility to viral and bacterial infections, cancer and autoimmune diseases.

Diabetes
In people with diabetes, stress can cause high blood sugar.

Appetite Changes
Stress can cause erratic eating behaviors - either overeating or loss of appetite.

Hypertension
Stress has been shown to lead to high blood pressure and an increase in cardiovascular disease.

Headaches
Headaches are common for persons with acute or chronic stress.

Anxiety & Depression
High levels of the stress hormone, cortisol, can cause anxiety and depression.

Cholesterol
Elevated cholesterol has been linked to stress.

Sleep
Stress affects your sleep, primarily causing insomnia.

Stress & Your Body: FYH240FL

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Cholesterol
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Sleep
Stress affects your sleep, primarily causing insomnia.

Ulcers
Ulcers have also been linked to chronic stress.

Exercise
People under stress tend to exercise less due to a lack of energy.

Depression
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High levels of the stress hormone, cortisol, can cause anxiety and depression.

Cholesterol
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Poster FYH251FL

Poster FYH250FL

Poster FYH241FL

Here are a few suggestions to help you use these materials in your workplace.

Every workplace is different, so find out what works best for you.

- Distribute the materials and present the online videos in one comprehensive educational workshop.
- Separate the topics into a two-part series and use in a group setting. Have someone facilitate a session to discuss each video. Display the posters and distribute the appropriate materials coordinating with each video.
- Another very simple option is to play the videos in your breakroom, display the posters and make the handouts available to your employees.

Ordering additional materials is easy!

1. Go to FL.ExploreMyPlan.com/Employers.
2. Select "Forms and Materials."
3. Enter the stock number to download or order.

Title	Stock No.
<i>Coping with Stress</i> - handout.....	FYH238FL
<i>Measure Your Stress</i> - handout.....	FYH239FL
<i>Stress and Your Body</i> - handout	FYH240FL
<i>Stress and Your Body</i> - 11x17 poster.....	FYH241FL
<i>Stress and Your Body</i> - 11x17 poster.....	FYH250FL
<i>Stress and Your Body</i> - 11x17 poster.....	FYH251FL



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