



STRESS LESS WITH SELF-CARE STRATEGIES

m MANAGEMENT
AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Stress less with self-care strategies

In this time of uncertainty and change, it's easy for stress to pile up and take a toll on your health. Focusing on what you are grateful for, exercising your body, and relaxing your mind can help boost your resilience and help you manage your stress.

Activities to help de-stress

Our wellbeing program offers activities that can help you destress. Bonus, when you complete activities you can collect points that can [earn you a reward next year](#).

- **Practice mindfulness with guided courses through Whil.** Focus on your mental wellbeing using the Whil program in [Virgin Pulse](#). The three programs help you get started with meditation, building emotional intelligence, and practicing yoga. The five-minute courses are easy to fit into your schedule and can help bring mindfulness to your day.
- **Take a Journey to improve sleep or reduce stress.** Get online coaching through Journeys in Virgin Pulse. Every day you will get tips that can help you build a healthy habit of your choice. Options include improving sleep, managing your stress, or finding focus.
- **Learn how to manage stress through COVID-19 with meQuilibrium.** Get daily tips from resiliency experts on how to manage uncertainty, stress and anxiety. This resource is available now through May 31 in Virgin Pulse. The activity **does not earn points** toward the wellbeing program reward but is a valuable resource during this challenging time.

Get started in Virgin Pulse

To find these activities, [log in to your Virgin Pulse account](#). Use the "Programs" tab along the top to see a complete list of all activities offered through the platform. To only find activities that count toward the wellbeing program reward, select the "Rewards" tab along the top, and select "How to earn."

Tips to prevent added stress

- **Take breaks from the media.** You can consume COVID-19 news 24/7, but if it's causing additional stress, know when to turn it off. Stay informed but set boundaries. Consider a time or article limit to allow yourself to get the latest updates and stay healthy .
- **Maintain a sense of normalcy.** Find a routine that works for you and stick to it. This sense of normalcy can help reduce anxiety. Make sure your routine allows you to get enough sleep, exercise, talk to others, enjoy the outdoors, and eat well.
- **Focus on what you can control.** Despite the challenges, you can use this opportunity to focus on things that are within your control. Checking off tasks on your to-do list, getting a head start on spring cleaning, or learn something new can all help you feel productive and bolster your spirits.
- **Stay social.** Social connections play an important role in our health and allow us to check in on the health of others. Stay socially connected but keep a physical distance. Set up virtual hangouts, send letters or emails, or talk on the phone.
- **Be kind to yourself and assist others.** Helping others feels good and strengthens our community. Volunteer to sew masks, shop for others, or check-in on neighbors.

Get help now

Call your primary care doctor to set up an appointment or talk to a counselor for free anytime through the [Employee Assistance Program](#) (EAP). With EAP, you receive five free sessions per year, per topic, per year. Call them at 651-259-3840 or 1-800-657-3719.