

# Stress FUNdamentals

## Address the stress

Week 1

## Employer Guide

Over 60 percent of Americans say work has a significant impact on their stress levels. Fortunately, your employees can get a head start on stress management with **Stress FUNdamentals**.

This six-week program will introduce your employees to healthy stress reduction and behavior modification strategies one week at a time. It will also provide tools and resources to make life-changing habits to better manage stress.

By participating in all phases of the program, employees will gain a wealth of knowledge that will help them improve their health and maintain long-term stress management success.

### Week 1 handouts

**Managing the pressures of stress** – Stress is a natural part of life, but chronic stress isn't. Explore ways you can minimize stress in your life.

**Stress – Not a good look** – Learn the physical and emotional effects of stress to your body.

**How to stress less** – Identify your stressors and learn new ways to manage them.

**Assess your stress** – Develop personal goals for stress management success.

**Time is on your side** – Get organized and establish better time management skills.



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# Steps for success

## Introduce Week 1 with an employee e-mail

Create enthusiasm for the program by sending out the *Stressed? Stop and breathe* e-mail to reinforce the messages of all the materials your employees will receive this week.

## Distribute this week's handouts to your employees

These handouts will help employees understand the physical and mental impact of chronic stress, identify their stressors and develop goals to help reduce the triggers that cause stress

## Offer a hands-on activity to promote stress management

Consider sponsoring free 10-minute chair massages for employees one day during Week 1. If possible, offer the massages the same day you introduce the program.

## Encourage the use of online resources available at [www.bcbstx.com](http://www.bcbstx.com)

Promote the Personal Health Manager (PHM) tools and resources available through Blue Access® for Members. The PHM's *Live Well* section has information on stress management and your employees can obtain professional advice with the *Ask A Life Coach* feature.\*

## Invite employees to offer creative, healthy solutions

Set up a suggestion box or e-mail box for employees to submit and share their stress management strategies. Each week, share the ideas with all employees in an e-mail, post on your intranet site, or feature them on a bulletin board in your break rooms.

Next week, your employees will learn how stress affects their sleep. The knowledge they acquire during Week 1 will help identify sleep stressors and develop strategies to manage them effectively.