



Extinguish Burnout

Burned out, run down and drained of energy? If so, stress may be taking its toll. When you are stressed, your body works overtime. This can make you feel anxious, afraid, worried and uptight.

Stress can also cause health problems or make problems worse if you don't learn ways to deal with it.

Try these simple ideas for tension prevention:

- Don't worry about things you can't control, such as the weather
- Be well-prepared for stressful events, such as a job interview
- View change positively, not as a threat
- Work to resolve conflicts with other people
- Talk with a trusted friend, family member or counselor
- Set realistic goals at home and at work
- Exercise regularly, eat well-balanced meals and get enough sleep
- Participate in non-stressful activities you enjoy
- Use relaxation techniques, like meditating

Source: American Academy of Family Physicians



June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	1
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Visit Blue Access® For Members and make stress management a top priority by using the Personal Health Manager's Live Well section. You'll feel yourself go from burned out to chilled out.