Employee Guide

Susan grinds her teeth as she sits in stand-still traffic on her way to work. She finally makes it to the office only to learn that she has a hot assignment due within the hour. Naturally, her stress level rises even more. She takes a seat, closes her eyes and takes a few deep breaths to help her calm down and regain focus. Minutes later, Susan kicks into gear to get the assignment completed by the deadline.

Stress can be a powerful motivator. Fortunately, in this scenario, Susan is able to manage her stress and regain focus. Unfortunately, everyone does not manage stress properly. About half of all adults suffer adverse health effects because of too much stress.

Stress FUNdamentals introduces you to healthy stress reduction habits one week at a time. Week 1 focuses on stress management and provides resources and tools to help you on your journey to 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.

BlueCross BlueShield of Texas
Getting started

Read the Week 1 handouts
Review the stress management information and tailor your habits toward a heightened awareness of stress.

Fill out the How to stress less worksheet
Identify the events that trigger your stress and the emotional and physical effects to your personal health.

Assess and complete the Address your stress exercise
Set realistic goals you would like to achieve and steps you can take to reach your goals.

Review your habits and make changes to reduce the stress
Once you’re aware of your stressors and how they affect you, begin using what you have learned this week to reduce and better manage your stress.

Visit Blue Access® for Members at www.bcbstx.com
The Personal Health Manager, available to you from Blue Access for Members, is your convenient resource that can provide creative ways to approach stress management. Click on the Live Well section to learn more about how to handle your stress.

Next week, you’ll learn how stress affects your sleep. The knowledge you acquire from Week 1 will help you identify your sleep stressors and develop strategies to manage them effectively.