AIM FOR LESS

STRESS

What to do if you're feeling overwhelmed

We all experience stress from time to time. Learn to identify the warning signs of stress and find ways to manage it. If you're feeling stressed, take a break. Make time for your favorite activities. Try meditating, journaling or exercising to alleviate the effects of stress.

Check out the Live Healthy section of www.BlueChoiceSC.com to learn more.

BlueChoice® HealthPlan
South Carolina