

Health Tips

Make Health Happen

STRESS MANAGEMENT

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Life can be overwhelming at times, which can create stress. Here are some ideas to help you during stressful times.

What is stress?

Stress is the way you think, feel or act when you do not know how to deal with a problem.

Sources of stress

Different things can cause you to feel stressed, such as:

- Problems at work, at home or with relationships
- Dealing with changes in your finances
- Dealing with how you feel about yourself
- Living in a home or neighborhood that is unsafe
- Living with serious health problems
- Taking care of a disabled or elderly loved one
- Dealing with the death of a friend or relative

Sometimes it's hard to get rid of stress. Adding to your problems by using drugs or alcohol, smoking cigarettes or hurting yourself or someone else is not a healthy option.

What are the signs of stress?

When you are stressed, you may:

- Have headaches or other aches and pains
- Have problems sleeping or eating
- Have problems breathing
- Have problems going to the bathroom
- Feel angry, sad, anxious, scared or confused
- Have trouble concentrating

How should I deal with stress?

You can help yourself by following these steps:

- Think of people or things in your life to be thankful for.
- Consider others who are less fortunate.
- Look to someone you can trust and talk to them.
- Find a way to get rid of stress through a hobby or leisure activity.
- Participate in daily exercise like walking or swimming.
- Find a church or community group to join.
- Set a small, short-term goal. Once you have met that goal, give yourself a pat on the back and try aiming for another goal.
- Check with your employer to see if counseling services are available.
- Understand that stress is normal, and you can learn to control it.
- Remind yourself that things can get better.

Make an appointment to see a doctor if you are continuing to have problems with stress.



Helpful phone numbers for Anthem Blue Cross and Blue Shield members

Member Services and 24/7 NurseLine:

Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131 (TTY 711) Monday–Friday, 8 a.m.–8 p.m.

Hoosier Care Connect - 1-844-284-1797 (TTY 711) Monday–Friday, 8 a.m.–8 p.m.

Call for free translation/Llame para una traducción sin costo: 1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect); TTY 711.