



WELLNESS NEWSLETTER

APRIL 2025

WELCOME TO OUR

Monthly Newsletter

Alcohol and Stress Awareness Month

This month's topics are Alcohol and Stress Awareness.

- According to the National Survey on Drug Use and Health (NSDUH) 28.9 million Americans aged 12 and up have had some sort of alcohol use disorder
- Alcohol can damage liver, lead to heart disease, cause cancer, lead to brain damage, lead to pancreatitis, lead to Nutritional deficiencies, lead to immune system impairment, cause social and relationship problems, and cause mental health problems which may include stress.
- Stress can affect physical and mental health, sleep, and many more areas of life



In This Newsletter

1. Blue Cross Blue Shield Connect Community Articles
2. Monthly Webinars
3. Tips on Reducing Stress
4. Other Wellness Related Benefits



Blue Cross Blue Shield Connect Community Articles

[Find your Energy Slump](#)

[10 Ways Alcohol Affects
Your Body](#)



Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)



Monthly Webinars

Manage Stress and Worry:

This webinar is brought to you by the Learn to Live Clinical Team. In this webinar you will learn how to recognize signs of stress, take actions to reduce negative emotions, and restore a feeling of calmness which will improve your well-being

[Tuesday April 8th at 12-12:30pm CST](#)

[Tuesday April 15th at 4-4:30pm CST](#)

When Substance Use Becomes a Concern:

This webinar is brought to you by the Learn and Live Clinical Team. In this webinar you will learn about relationships with substances and learn how to help yourself or a love one cut back.

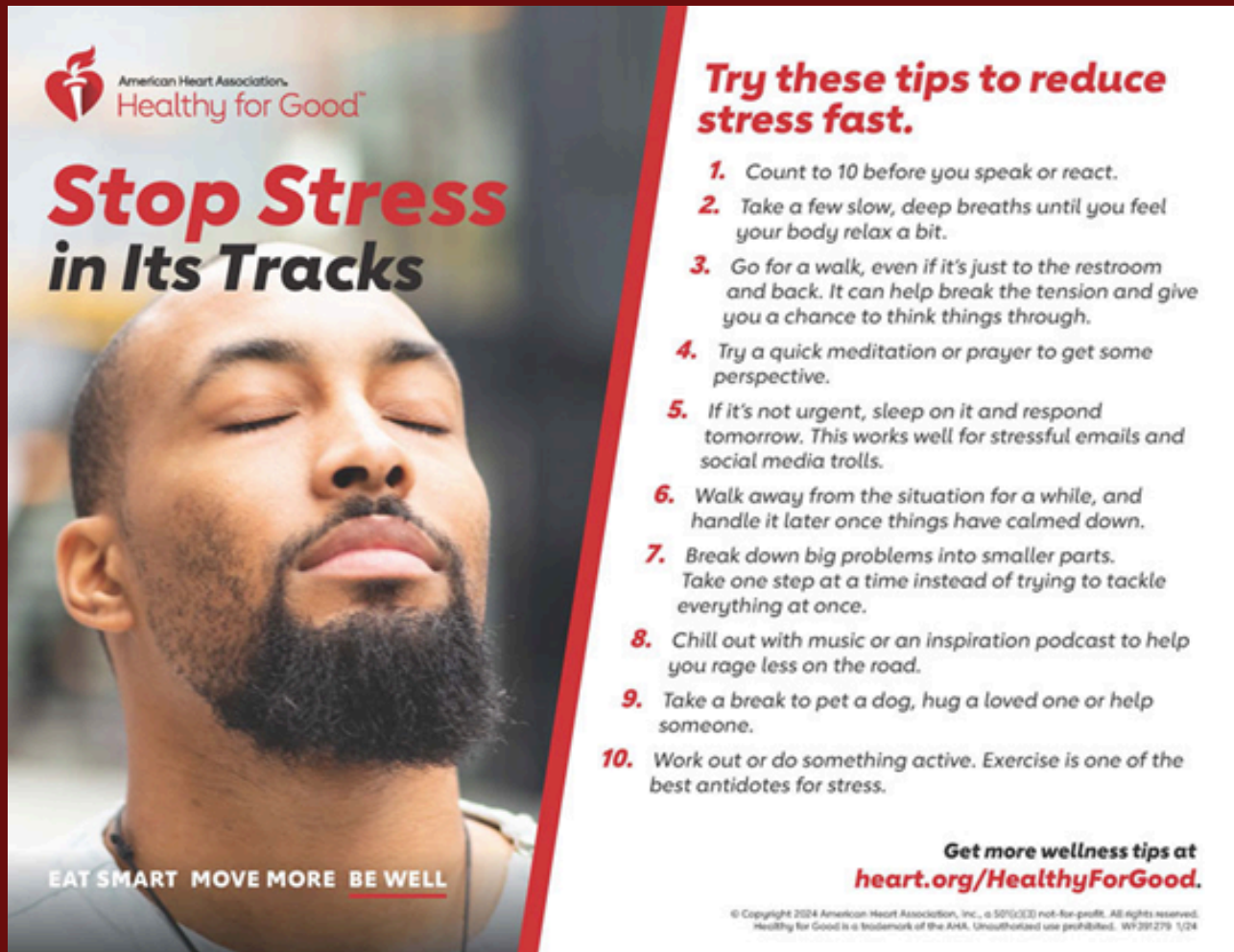
[Friday April 11th at 11-11:30am CST](#)

Why Do I Care So Much About What They Think?

This webinar is brought to you by Blue Cross Blue Shield. In this webinar you will learn evidence-based strategies to help you break the cycle of fear and worry to help you live a more full life.

[Wednesday April 23rd 12-12:30pm CST](#)

Reduce Stress



American Heart Association
Healthy for Good™

Stop Stress in Its Tracks

EAT SMART MOVE MORE BE WELL

Try these tips to reduce stress fast.

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body relax a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspiration podcast to help you rage less on the road.
9. Take a break to pet a dog, hug a loved one or help someone.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

Get more wellness tips at heart.org/HealthyForGood.

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5 Rs of Stress Management

1. Rethink: works by changing mindset to stresses and helps you slow down.
2. Relax: works by putting your mind and body into relaxed state
3. Release: works by giving up stress in a helpful way
4. Reduce: works by limiting stressors in your life
5. Reorganize: works by using wellness to overcome your stress

For more information on the 5 Rs [click here](#)

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

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Perks and Benefits to Remember

Work/Life Solutions

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Wellness Website

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