



## Stress less, live more

We all get stressed from time to time. Here are some ways to help bring calm into your life.

1. **Take action.** You can shift minor stressors with a little effort. Does the news make you tense? Try limiting how much you watch, read, or listen to every day. Same goes for social media. Yes, it can connect you to friends and loved ones, but numerous studies point out how it also triggers stress responses. Taking action gives you a feeling of control.
2. **Find a healthy distraction.** Hobbies such as quilting, painting, and gardening will let you set your worries aside for a few hours. If you can do them with someone else, even better. Companionship is a proven stress-reliever.
3. **Resist unhealthy distractions.** Overeating, excess shopping, and spending too much time online will distract you — but not in a healthy way.
4. **Stay healthy.** Basic health routines help your body reset from stressful events. A diet low on processed foods and heavy on vegetables, fruits, whole grains, nuts, and legumes is one way. Restful sleep is another. And regular exercise releases feel-good chemicals called endorphins in your brain, improving your mood — and also helping you sleep.
5. **Breathe.** Meditation, prayer, writing in a journal, and similar activities can defuse stress. Even simple breathing exercises can help calm your mind. Sit comfortably and breathe in through your nose for the count of four, hold it a few seconds, then exhale for the count of eight. Try this five times each morning and evening to increase feelings of calm.

These techniques can help. But there might be times when stress won't ease up, no matter what healthy habits you embrace. If that happens, talk with your health care provider or a therapist. They can help get to root of your stress — and help you find ways to cope and thrive.

## Medica behavioral health resources



Your mental health is just as important as your physical health. When you or a covered dependent needs help, Medica has a variety of resources you can access. Learn more: [behavioral health resources tip sheet \(PDF\)](#).

## Ovia Health™

Get mental health support from Ovia at no cost to you. Download Ovia®, Ovia® Pregnancy, or Ovia™ Parenting to get free unlimited access to mental health experts, clinically-backed content, and benefits information.

Plus, you'll also receive 1:1 personalized care from the Ovia Health Team when you connect with an Ovia Health Coach with mental health training in realtime.



# May Wellness News



Follow these steps to get started:

1. [Download](#) Ovia®, Ovia® Pregnancy, or Ovia™ Parenting from the App Store or Google Play.
2. Sign up and choose “I have Ovia Health as a benefit.”
3. Enter your state, health plan (Medica), and personal details.
4. Get started!

## My Health Rewards by Medica®

### It's coming: Step it Up to a Better You challenge

It's time to make a change in your life and reinvent yourself! All it takes are a few lifestyle changes to improve your physical and emotional health. The process starts with you, so let's take the first step together. Are you ready?

**Who can join?** Employees and family members ages 18+ who are enrolled in a Medica health plan and have a [My Health Rewards by Medica® Standard or Results account](#).

**Registration dates:** June 1 - 12, 2024

**Challenge dates:** June 10 - 24, 2024

On June 1, watch for email reminders from My Health Rewards and messages on the My Health Rewards website and app under the “Social/Challenges” section.

You'll even earn points for joining and participating. [Sign in](#) to your My Health Rewards account to join on June 1.