



Stress Relief – Staying Relaxed **Social, Newsletter, Email (Text)**

SOCIAL COPY

Staying Relaxed

Stress doesn't need to spoil your day. Check out these tips to keep it at bay. [LINK]

NM: <https://connect.bcbsnm.com/health-and-wellness/b/weblog/posts/stress-affects-health>

NEWSLETTER COPY

Staying Relaxed

Four Ways to De-Stress

Stress rears its ugly head every once in a while. It's just part of life. Still, some simple steps can help you defuse it and stay relaxed. Here are a few ideas you can try.

Find your joy. Make time every day to do something you really love. Read a book that's hard to put down, unwind in a yoga class or play the guitar. Treat yourself to simple pleasures.

Talk yourself up. Shift negative thoughts to positive ones to reduce stress. Practice positive self-talk every day. Be your best source of personal encouragement.

Breathe deeply. Take slow, deep breathes when you feel anxious or stressed. Give your mind and body more oxygen to heal and thrive. Continue until you feel your body begin to relax.

Connect with others. Take a quick social break. Text or call a friend or family member for a quick catchup. Spend a few minutes with someone you care about to help reenergized.

Nurture yourself to reduce the effects of stress.



Stress Relief – Laughing is Healthy
Social, Newsletter, Email (Text)

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Staying Relaxed

Subject Line: Three easy ways to sharpen your chill skills

Headline: Sharpen Your Chill Skills

Stress is part of our daily lives. Still, too much stress hurts our bodies. It can cause headaches, anxiety, weight gain, high blood pressure, chest pains, sleepless nights and depression. When stress starts to make you feel tense, these tips may help:

- Talk or text with a friend
- Take a deep breathing break
- Spend some time outdoors

Make time to be good to yourself and beat back stress.

Sources:

Lower Stress: How Does Stress Affect the Body. American Heart Association. 2017.

Three Tips to Manage Stress. American Heart Association. 2017.

Lower Stress: How Does Stress Affect the Body. American Heart Association. 2017.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/lower-stress-how-does-stress-affect-the-body>

Three Tips to Manage Stress. American Heart Association. 2017.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>