

How to manage stress

There are easy and enjoyable ways to minimize stress.

Some ways include:

- Pursuing a hobby
- Using daily relaxation techniques (deep rhythmic breathing, stretching or meditation)
- Becoming involved in a social or activity group that meets regularly
- Finding someone to listen to you or writing down what you feel



Visit Blue Access® for Members at www.bcbsil.com for more information about stress.



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*These tips are intended as general information only.
Please consult your doctor for specific medical advice.*

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