

Daily Steps to Less Stress

Balancing Life's Ups and Downs

What's your reason for better managing your stress?

I want to feel calmer.

I want to improve my mood and have more patience.

I want to improve my relationships and be more pleasant.

I want to sleep better.

I want to think more clearly.

Managing stress is important for overall health, well-being, and the prevention and management of medical conditions.

The Daily Steps to Less Stress Program was developed to give you a better understanding of what stress is and how it impacts your life. It provides enjoyable and effective skills to help you better cope with life's day-to-day ups and downs.

By better managing your stress you can improve your state of mind, blood pressure, and weight. And, if you have diabetes, learning how to manage your stress can help you gain better control over your diabetes.

Throughout this program you'll learn many approaches that can help you better manage the stress in your life, including:

- Stress management basics
- Developing healthy coping skills
- Relaxation techniques
- Time management skills
- Mindfulness activities
- Building stress resilience

Whether you're looking to find balance, improve your productivity and efficiency, learn skills to combat stress and cultivate a sense of peace, or simply develop healthier lifestyle habits, this program is right for you!

How to Participate

It's easy to join. Simply call a wellness coach to enroll. You'll receive a workbook to use as a guide. If you have questions or run into challenges along the way, just call your coach.

There are two options for completing the program:

1. **By Phone:** You'll work directly with a wellness coach to explore the program materials, set goals, and discuss your progress. This option includes scheduled follow-up calls with your coach.
2. **Self-Study:** You'll work through the program at your own pace.

Call today to take the first step to managing the stress

in your life. For more information and to enroll in Daily Steps to Less Stress, call a Blues On CallSM wellness coach at 1-888-258-3428.

