

# Mental Health and Stress



Let's face it, everyone has stress. Some stress is good for us because it's our body's way of protecting itself from harm. However, too much stress causes harm to our health and relationships. Cigna Global Health Benefits® is your partner for whole-person health. Read on for more resources to support your well-being.

## So where do you begin?

Cigna has a range of Stress Care tools and expert advice that can help you manage the stress of the 'New Normal' before it affects your long-term health. Check out Cigna's Stress Care for the 'New Normal' website for the following stress related tools:

- [Stress Waves Test](#) – use your voice to see your stress.
- [Stress Test](#) – understand your stress, visualize it, and create a PLAN to take control.
- [Stress Care Hub](#) – strengthen your resilience with our Stress Care resources.

## What to do:

Doing something to better manage stress might feel like it will take a lot time and energy, but taking a little time to fuel your own body and mind can bring great benefits. Here are some examples:

- **Relax your mind by practicing mindfulness<sup>1</sup>.** It can help calm your mind and body to help you cope with illness, pain and stress. You can do it anywhere, and it doesn't take much time.
- **Relax your body** with a massage, try yoga breathing, meditation and exercises.
- **Don't let sleep be optional.** You should get enough rest each night to awake feeling well-rested and energized.

- **Make time to eat and stay hydrated.** Regular meals give you the fuel you need to stay strong and focused.
- **Make time for social activities,** such as joining a book club. Consider saying "yes" to a fun activity you've declined before.
- **Take time to do simple things for yourself.** It can help recharge you so you have more to give to others.
- **Think about how you've coped with hard times before.** Try to re-deploy the strengths and strategies that helped then.
- **Consider herbal supplements,** such as valerian, kava, ginkgo, St. John's Wort and chamomile to help relieve stress symptoms such as anxiety and insomnia. Talk with your doctor if you are taking supplements, especially if you have another health condition.

## Follow these tips to build resilience and manage job stress:

- Communicate with your co-workers, supervisors and employees about job stress.
- Talk openly to identify things that cause stress and work together to identify solutions.
- Ask about how to access mental health resources in your workplace.
- Identify those things you don't have control over and do the best you can with the resources available to you.

- Keep a regular schedule, including sleep and breaks to stretch, exercise, or check in with your supportive colleagues, co-workers, family and friends.
- Spend time outdoors, either being physically active or relaxing.
- If you work from home, try to set a regular time to end your work for the day.

It's no doubt the COVID-19 pandemic has left many of us feeling like there is no end in sight to the challenges and stress. These experiences though can allow us the opportunity to take pause, reflect and understand what may help by identifying coping strategies. **View our [flyer](#) for more information on building your resilience.**



1. Cigna. "Climb Mindfulness Podcasts." Accessed September 22, 2022. <https://www.cigna.com/knowledge-center/climb-mindfulness-podcasts>.

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