

## EIGHT WAYS TO REDUCE STRESS DURING THE WORKDAY



Many of us fall into the trap of working all day without taking a break or even coming up for air. Here's how to integrate stress relief into your daily work routine.

- > **Breathe.** Several times during the day, stop what you are doing, close your eyes and take 10 deep breaths, generated from the belly.
- > **Exercise.** Even if you only have time for a short walk at lunch, get out and get the blood flowing.
- > **Exercise at your desk.** If you can't get out of the office, do shoulder rolls, stomach-tightening exercises and leg stretches at your desk or standing next to it.
- > **Read for pleasure.** Take a 10-minute break to read a few pages of a novel or flip through your favorite magazine.
- > **Socialize.** Spend a few minutes chatting with a friend, or sharing some nonwork talk with a coworker.
- > **Take a tea break.** Drink a cup of herbal tea.
- > **Change your environment.** Step outside, run an errand, take lunch away from the office.
- > **Laugh.** There is no better medicine for stress relief.



### STRESS MANAGEMENT

## LEARNING TO COPE WITH ANXIETY

Many folks fear speaking in public; others get nervous before taking tests or when entering a room full of strangers. Some anxiety is normal and expected in today's world. But anxiety that is persistent and overwhelming is a real and serious problem that can interfere with daily life.

Anxiety is the most common behavioral health problem in the United States, and it is not just limited to adults.

Children can suffer from generalized anxiety; and social anxiety and panic attacks become more common as children move into adolescence and young adulthood.

Fortunately anxiety disorders in both adults and children can be treated. Alone or in combination, psychotherapy, cognitive behavioral therapy and medication can all be effective. So stop worrying about anxiety. Mention it to your doctor, or, in



the case of your child, to your child's doctor.

Since anxiety is best treated by a mental health expert, Hill Physicians members can self-refer by calling the behavioral health phone number on their health plan card or calling Hill Physicians Customer Services toll free at (800) 445-5747 for the appropriate phone number.



### ANXIETY

## RAGE! GETTING A HANDLE ON YOUR ANGER

In the year since the *Oxford English Dictionary* accepted "road rage" as an established phrase in common usage, the number of catchphrase variants has mushroomed: cellphone-in-the-symphony rage, waitress-forgot-my-order rage ...

happens. The next time you feel your rage building, follow this simple strategy: Stop, close your eyes and focus your breathing.

The easiest way to curb feelings of anger is right at the beginning. Inhale slowly and deeply through your nose, tak-

**The easiest way to curb anger is right at the beginning. Inhale and exhale slowly.**

While the situations that prompt anger vary, the physical reaction is the same. In order to curb an angry response — and react in a more effective manner — try to prevent this physical reaction before it

ing breaths from your stomach. Then exhale slowly through your mouth. Repeat this 10 times, until you feel more relaxed.



### ANGER MANAGEMENT