



# Simple Steps for Stress Relief




While we can’t avoid all of life’s stresses, we can learn how to better handle stressful moments.


Here are some proven ways to help you cope:


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**DO DEEP BREATHING.** Take a slow, deep breath in through your nose, letting your lower belly expand. Breathe out through your mouth or nose. Do this for several minutes.
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**WRITE IN A JOURNAL** about the strains of the day, how they made you feel and how you reacted. This can help release anxiety and teach you how you deal with stress.
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**PRACTICE GOOD NUTRITION AND EXERCISE.** Start by making small changes. Avoid over-eating or eating unhealthy foods to deal with stress. Find a physical outlet, such as brisk walking or dancing to your favorite song.

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**GET ADEQUATE SLEEP.** Try going to bed and waking up at the same time each day. Make your bedroom cool and dark. Avoid late-night snacking or alcohol, and don’t watch TV or look at devices in bed.
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**ASK FOR HELP.** Ask others to listen to your concerns or to help with chores or childcare so you can have a few moments to yourself.

If stress continues to be a problem for you, talk to your doctor or other health care provider (see below).

## RESOURCES TO HELP YOU FIND BALANCE

### Employee Assistance Program (EAP)

The EAP is available 24/7 to help you manage the stresses of work and home. It’s free and always confidential.

Call **1-877-409-1488** or visit **[carelonwellbeing.com/LSC](https://carelonwellbeing.com/LSC)**.

All LSC employees and their immediate household family members are eligible for unlimited telephonic support and up to six in-person or virtual visits per issue.

### Behavioral Health Providers

Our medical plan includes coverage for behavioral health care services.

To search for network providers, contact Quantum Health via **[mylscbenefits.com](https://mylscbenefits.com)** or call **1-888-681-2241**.

### Virtual Doctor Visits

Get care for behavioral health issues, including stress and anxiety, through MDLIVE. Video chat with a doctor on your computer or mobile device.

Register at **[MDLIVE.com/bcbsil](https://MDLIVE.com/bcbsil)** or download the MDLIVE app.

MDLIVE is integrated with our medical plan, so your coverage is applied to any deductible or coinsurance.