

Stress Less



An 8-week stress management program

What you need to know

Purpose

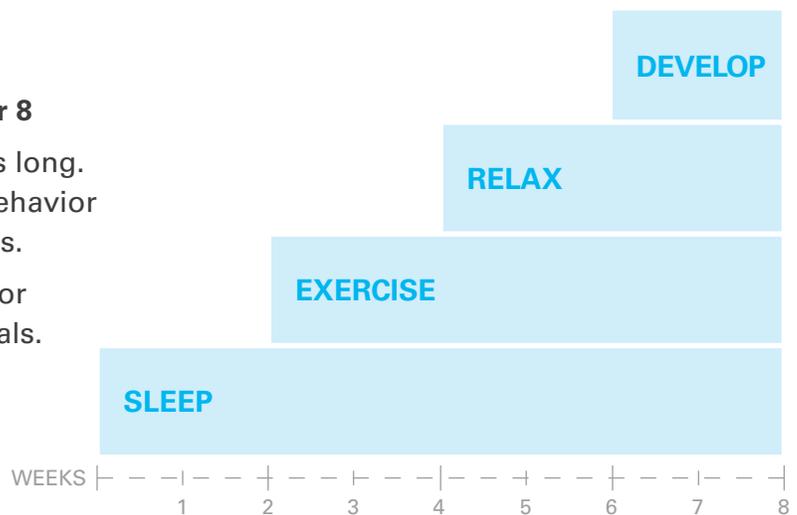
Stress Less is a program that helps you create a toolbox for coping with everyday stress. Learn how to identify the source of your stressors, practice stress management techniques, and create a buffer system.

Details

The program runs eight weeks:

Tuesday, October 10 – Friday, December 8

- There are four steps, each two weeks long. Every step focuses on one healthy behavior change, and builds upon the previous.
- You continually practice each behavior and track the days you reach your goals.
- You complete “before” and “after” surveys to evaluate your progress throughout the program.



Tracking

Use the provided tracking sheet to record the days you reach your goals. This helps encourage healthy behaviors to become healthy habits!

Results

Complete the before and after surveys to win entry into a grand prize raffle drawing.

Timeline

October 10 — Registration deadline

October 10 — “Before” survey completion

October 10–24 — Step 1: Sleep

October 25 – November 8 — Step 2: Exercise

November 9–23 — Step 3: Relaxation

November 24 – December 8 — Step 4: Personal development

December 15 — “After” survey completion



Goals

Step 1: Sleep

(October 10–24)

Focus on increasing your sleep time to 7–9 hours a night.

Step 2: Exercise

(October 25 – November 8)

Engage in at least 2 ½ hours of physical activity per week (30 minutes, 5 days a week).

If you're already at that level, aim for one of the following:

- Increasing your exercise duration
- Increasing your exercise intensity
- Incorporating a new physical activity into your routine

Step 3: Relaxation

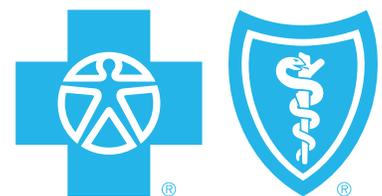
(November 9–23)

Spend 15 minutes a day three days a week on relaxation exercises. There are many different ways to reach a relaxed state — the basic idea is to quiet the mind by turning your focus inward. Be adventurous and explore new activities, such as yoga, tai chi, aromatherapy, etc.

Step 4: Personal development

(November 24 – December 8)

Spend 10 minutes at least three times a week engaging in an activity for your personal growth. This time can be set aside for hobbies or learning a new skill that will help you feel more confident in areas that cause you stress. Work your way towards incorporating up to 10 minutes of personal time every day.



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