



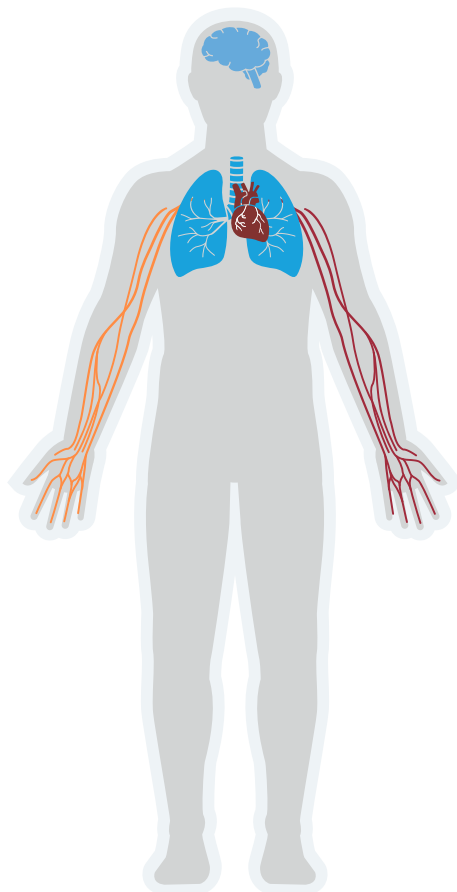
THE POWER OF RESILIENCE

 **BlueCross
BlueShield**
Federal Employee Program.
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Life's difficulties can be overwhelming at times and lead to mental and physical health problems. Resilience is a powerful tool you can use to navigate the stresses and traumas of life.

HARMS OF STRESS

- **Weakened immune system**
- **Hypertension**
- **Heart disease**
- **Stroke**
- **Insomnia**
- **Reproductive problems**



BENEFITS OF RESILIENCE

- **Contributes to longevity**
- **Lowers rates of depression and anxiety**
- **Enhances satisfaction with life**
- **Improves coping skills**
- **Helps manage stress**
- **Boosts optimism**



Try some of these activities to manage stress and build resilience or add your favorites to the list!

- Mindfulness meditation
 - Listen to uplifting music
 - Talk with a friend
 - Journal
 - Practice reframing
 - Do grounding exercises
 - Cook a meal
 - Color a picture
 - _____
 - _____
- Clean the house
 - Go for a walk
 - Practice yoga
 - List the things you're grateful for
 - Read a book
 - Look at pictures that bring you joy
 - Smile and laugh
 - Spend time in nature
 - _____
 - _____



FIND EXPERT ADVICE TO HELP YOU STRESS LESS



- Explore scientifically proven ways to better your health
- Get tips on meal planning, exercising and more
- Enjoy informative webcasts and articles

Visit our Online Health Center at: anthemfed.com/HealthCenter



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請撥打您ID卡上的客服號碼以尋求中文協助。