

Stress and anxiety can slow you down. Don't let it stop you.

It's important to work on your mental health just as you do your physical health. If you notice some of these signs of stress overload, it's time to take action.

- Irritability
- Depression/general unhappiness
- Agitation
- Eating more or less than normal
- Feeling overwhelmed
- Higher blood glucose levels
- Inability to concentrate
- Sleeping too much or too little
- Frequent colds
- Neglecting responsibilities



Tips for taking action to reduce stress and anxiety



Relax your mind

- Write for 10 to 15 minutes a day about stressful events and how they made you feel.
- Talk, laugh, cry, and express anger when you need to.
- Breathing exercises. Take three deep breaths: inhale through your nose, close your eyes and hold it for two seconds, and then exhale through your mouth. Exhale as fully as you can, and feel the stress melt.



Move your body

- Do some form of exercise at least 30 minutes a day.
- Go for a walk.
- Housecleaning and yard work can be exercise.
- Stretch and loosen up your body.
- Try yoga, tai chi, or qi gong.



Eat a variety of "Brain" foods

- Omega-3 Fatty Acids: salmon, trout, tuna, broccoli, cauliflower, cantaloupe, kidney beans, spinach, walnuts, and canola and flax seed oil
- Omega-6 Fatty Acids: poultry, eggs, cereals and grains, and vegetable oils
- Vitamin C: citrus fruits and leafy green vegetables
- Tryptophan: eggs, lean red meat, poultry, and beans



Good Health
G A T E W A Y

Diabetes Care Rewards Program

If you have been diagnosed with pre-diabetes or diabetes, join the Diabetes Care Rewards Program. We can help eliminate some of the stress caused by managing your diabetes. We can also lessen the financial burden by giving you \$0 copays and/or cash incentives when you meet the program requirements.

If you haven't already, join today.

800.642.6000