

➤ Stress and resilience training

Feel good. Live happily.

Your resilience is how well you “bounce back” from stress. Try a few of these tips to build up your resilience.

Tip No. 1

Rate your level of stress each day this week. Write down three areas of your life that are causing you stress.

Tip No. 2

Get moving! Set aside time to walk or try a yoga class. Activity usually makes it easier to keep stress in check.

Tip No. 3

Practice breathing slowly. Count to 10 when you start to feel overwhelmed.

Moda Health offers free, one-on-one health coaching, call 877-277-7281 or email careprograms@modahealth.com. (TTY users, dial 711.)



Happiness is all yours.

Stress is just a part of life. By changing how you respond to it, you can feel happier and enjoy better health! Try a few of these tips.

Tip No. 4

Talk to your partner or a close friend about what's on your mind. Sometimes, you just have to let it out.

Tip No. 5

Get organized. Sort through your, kitchen, desk, email, planner or whatever else feels cluttered.

Tip No. 6

Make time for things you enjoy, like riding your bike, crafting or volunteering.

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