



ActiveYou

APRIL 2015

The ActiveHealth® newsletter that helps you live healthy and well

Too busy to enjoy your life?

You try to manage your time wisely, but it's a challenge. How do you fit in all the things you want and need to do? For many people with busy lives, the key is figuring out what is urgent and what can wait. This can make your life easier, less stressful and more meaningful.

So what's important to you? What things can you give up, and what do you really, really have to do?



3 keys to success:

- **Deciding what matters most.** You might want to make a list of all your tasks. Then rate these tasks by how important or urgent they are. Look at your list and think about how you are spending your time. Can you focus more on the things that really count?
- **Doing things NOW.** The more stressful or unpleasant a task, the more likely we are to put it off. But this only increases stress. One answer may be to structure your time by using a day planner. You can also break up large tasks into small tasks. This can help if you know you won't be able to focus on a project for a long period of time.
- **Knowing your own needs.** Are you too busy, or not busy enough? Both things can lead to stress. Letting go of certain tasks means learning what's important to you, and knowing that you have limits. And if you feel you need to be busier, try to think about what matters most to you.

Physical activity can help lower stress

Regular exercise is one of the best ways to manage stress. It can help in many ways, including promoting a feeling of well-being.

Experts recommend **2 ½ hours of aerobic activity every week.** You might want to talk to your doctor before starting a physical activity program.



Upcoming events

Think Well, Live Healthy

Stress isn't something that just happens to you; it can be brought on by the way you think. The key is to look at your thoughts in a new way – and change them for the better.

April 14, 9:30 AM CST and 1:30 PM CST

[Motivating Mississippi Wellness Webinars](#)



70%

of Americans say that money worries are their most common source of stress.¹ Almost half say that dealing with money issues is stressful.² This kind of stress can make it hard to focus on your job or even show up for work. You may also have trouble sleeping, or see other effects on your health.

Are you ready to take charge of your finances? Here are some tips:

1. Try to live within your means
2. Think about tracking your spending habits with a budget
3. Plan for short-term and long-term financial goals

¹American Psychological Association's Stress in America: Our Health is at Risk, 2012

²PWC's Employee Financial Wellness Survey 2014 Results

Coach's Corner

Meet Brett, an Onsite Wellness Specialist for ActiveHealth Management. He enjoys helping wellness champions start up employee wellness programs and helping members reach their health and wellness goals.

Brett has his Bachelor's degree in Exercise Science and is pursuing a Master's degree in Public Health.

Brett's favorite quote:

"Now faith is the assurance of things hoped for, the conviction of things not seen."

- *The Bible, Hebrews 11:1*



ActiveHealth Wellness Webinar Series

Don't wait. Get the jump on **good health**

Want to protect yourself against tomorrow's health problems? One way is by getting a simple screening or exam. We'll talk about your risk factors—like age and family history—as well as screenings that are just for men or women. Reduce your risk and start living healthier today.

Sign up now for this **FREE** webinar

12:30 PM EST March 10	4:30 PM EST March 10
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ActiveHealth's free online webinars are delivered through Cisco WebEx Event Center.

You can register at <http://go.activehealth.com/wellness-webinars>

Your Wellness Webinars are waiting!

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