



**H**ave you ever had days when you had so much to do you had trouble sleeping? Have you ever been so worried about something that you ended up with a terrible headache? If you answered “yes” to either of these questions, you may know what it’s like to feel stress. Stress is what you experience when you feel worried or uncomfortable about something. A stressor

is anything that causes you to feel stressed. Common stressors are financial issues, losing contact with a loved one, an injury or illness or being in the hospital. As a result, you may feel frustrated, angry or scared. If you have a lot of stress built up, you may even experience physical symptoms such as a headache, muscle pain, tension or chest pain. Having problems sleeping, feeling

sad, overwhelmed or anxious are also common reactions to stress or a stressful situation. Stress can affect your health, your thoughts, your behaviors and your feelings. Managing your stress is all about taking charge! No matter the amount of stress you have, there are steps you can take to relieve the pressure. Follow these DO’s and DON’T’s as a guide to coping with stress in a healthy way.

### DO:

- Get plenty of sleep
- Exercise often
- Give yourself a break if you feel stressed out
- Use relaxation techniques like deep breathing, meditation, tai chi or yoga
- Set aside time for hobbies like reading a book or listening to music
- Spend time with your friends and family

### DON'T:

- Take stress out on other people
- Sleep too much so you don't have to face the stressful situation
- Avoid friends or family
- Stop doing activities you previously enjoyed doing
- Abuse alcohol or drugs

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).