

# The Wellness Wheel

## Stress-Awareness Tips for April...and Beyond

We're spinning out timely resources and reminders for you this month – all of them focused on stress and the things we can do each day to limit its effect on us.

### Manage Stress Proactively

Everyone experiences occasional stress; it's a normal part of life. Take advantage of the following tips, quick reads and resources to help manage the stress in your life so it doesn't lead to health issues down the road.

- Try an app like Headspace or Calm to find timely activities and stress support. Visit [PerksatWork.com](https://PerksatWork.com)-Health for employee offers (20% off Headspace). If you are a UHC/ Surest plan member, [get the Calm app for free!](#)
- Stress and addiction often go together. Learn more at [How the Body Copes with Stress.](#)
- Your home life can be a source of stress. Go to [Dealing with Stress in a Relationship.](#)
- Practice deep breathing such as the [4-7-8 technique](#), maintain consistent sleep schedules, and set healthy digital boundaries.
- Gratitude may be the best-kept secret for reducing stress and feeling better. Simple exercises can encourage you to express gratitude in a thoughtful, deliberate way. Try a few [Gratitude Exercises to Boost Wellbeing.](#)

### Help When You Need It

Our Lockton Nurse Advocate (LNA) program can offer mental health support and care guidance. Email [TaylorLNA@lockton.com](mailto:TaylorLNA@lockton.com) or call 833.782.7403.

For immediate support, call or text **988** to reach the Suicide & Crisis Lifeline 24/7. Chat at [988lifeline.org](https://988lifeline.org).



## Stay Tuned, Stay Powered Up

Remember, your benefit program resources are available 24/7 on [Your Benefits Hub](#) at [employees.taylor.com](https://employees.taylor.com).

## Next month...

We will explore mental health and some of the simple daily habits you can apply to help prevent burnout.



### Scan Here

Link to Your Benefits Hub for all your benefit plan details.