



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Stress

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, **self-care can help you manage stress**, lower your risk of illness, and increase your energy.

### If I'm feeling:

### Then I'll:

Overwhelmed	»→	Go for a walk around the block
Sad	»→	Give myself 20 minutes to feel it
Grief	»→	Create a new ritual
Anxious	»→	Take some deep breathes and stretch my body
Lonely	»→	Call someone I love to say hi
Frustrated	»→	Do a quick mindfulness practice (Headspace is a great app)
Inadequate	»→	Remind myself of my strengths

Your Living Resources Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 844.207.5465 (844.207.LINK) TTY: 800.697.0353

Your toll-free number gives you direct, confidential, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

**Online:** [guidanceresources.com](http://guidanceresources.com)

**App:** GuidanceNowSM

**Web ID:** LivingME

Log on today to connect directly with a GuidanceConsultantSM about your issue or to consult articles, podcasts, videos and other helpful tools

## Tips to Get Out of Stress Fast

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while; handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspiration podcast to help you rage less on the road.
9. Take a break to pet a dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.



Be sure to visit the ChallengeME website:

--> Sign up for Health Coaching (call 800.697.0353 or visit [guidanceresources.com](http://guidanceresources.com))

--> Listen to the ChallengeME Podcasts

--> Complete your WellStarME for the 5% discount

--> Join the Million Mile Month Challenge!

<http://events.healthcode.org/register/66>

<http://maine.gov/mdot/challengeme>

**Coming Up** May: Seasonal Readiness - Stretching

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)