

A weekly resource
for your well-being

**PARTNERS
FOR HEALTH**

**WORKING
FOR A
HEALTHIER TN**

A TIP FOR TENNESSEANS

September 20, 2016

Take a breather.

Stress can break you down and leave you feeling anxious, tired, angry and sad. Finding ways to relax and shake off some tension can help you **avoid big and bothersome health issues**.

Fortunately, you can create your own **stress-free zone** just about anywhere. Try this breathing exercise to help you unwind as often as you need.

- Sit comfortably in a chair or on the floor with your eyes closed.
- Close your eyes and think about something pleasant.
- Breathe out completely. Hold it for a few seconds.
- Breathe in gently and fully while thinking of a relaxing word like “*calm*” or “*peace*.”
- Wait a few seconds before breathing out again.
- When you exhale, relax your face muscles.
- Repeat the exercise several times. With each cycle, focus on relaxing your neck, then your shoulders, arms, back, legs and feet.

Afterwards, take a minute or two before returning to your normal activities.



**NEED SOME
EXTRA
SUPPORT?**

Your **Employee Assistance Program (EAP)** is ready to help any time stress grips you. Call 1-855-437-3486, 24/7 365 days a year or [click here](#) to learn more.



QUICK LINKS

[Well-Being Account Sign In](#)
[2016 Partnership Promise](#)
[ParTNers for Health Website](#)



**24/7
NURSE
ADVICE LINE:**

1.888.741.3390



www.partnersforhealthtn.gov • partnersforhealth@healthways.com • 1.888.741.3390


HEALTHWAYS

**PARTNERS
FOR HEALTH**

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



701 Cool Springs Blvd | Franklin, TN 37067 US

