



Questions or Comments? Contact us:  
PEHP Wellness • 801-366-7300 or 855-366-7300  
email: healthyutah@pehp.org

## FEATURE

### Manage Your Stress

**PEHP Wellness** is offering members stress management tips and resources in recognition of April's Stress Awareness month. Get started by registering for our monthly webinar titled, Relaxation: Tips and Tricks.

In this edition we offer ideas to help you better manage stressful situations at work, at home, and at play.

#### Have you seen our website changes?

Eligible PEHP members can now view their Healthy Utah resources at [www.pehp.org](http://www.pehp.org). Log in to view your wellness resources alongside your medical benefits. One website, one login, one password = convenience.

Remember that an eligible spouse must create their own personal account at [www.pehp.org](http://www.pehp.org) in order



to access wellness benefits such as scheduling a Healthy Utah testing session. If you or your spouse has difficulties logging on or creating an account please contact PEHP customer service at 801-366-7555.



#### STRESS MANAGEMENT TIP

“Smiling transmits nerve impulses from the facial muscles to the limbic system, a key emotional center in the brain, tilting the neurochemical balance toward calm.”

–Dr. E. Cooper, Duke University

### PEHPHEALTHYUTAH WEBINAR

#### Relaxation – Tips & Tricks

**What:** Learn how and why relaxation techniques can help you better manage stress.

**When:** Wed., April 1 at Noon

**Presenter:** Tiffany Anderson, BS, CHES – PEHP Health Educator

**Tune in:** [View upcoming webinars](#). Can't make it? All webinars are archived for future viewing – visit our archive section [here](#).

### REBATES

#### Earn Your Annual Rebate!

Eligible PEHP members and spouses may schedule an annual testing session to get an overall picture of health. After attending, follow up at your online personal account and submit your Health Risk Assessment to earn your rebate. Learn more [here](#).

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## MOVE IT

By Melissa Miller

### Exercise is Meditation in Motion

In order to get an effective workout we may be under the impression that it is always necessary to pump iron or break a hard sweat. Though have you considered that exercise and relaxation often go hand-in-hand?

Think of relaxation as exercise for the mind. Setting a few minutes aside each day to meditate, incorporate a gentle form of Yoga, or practice deep breathing exercises can greatly reduce stress and even benefit your workout routine.

Many types of physical activity take a relaxed approach by

focusing on slow, calculated movement, concentrated breathing, and overall mind-body connectedness. Exercise modalities such as Yoga and Pilates are designed to be meditative and relaxing, plus also emphasize core strengthening, muscle toning, and balance. Walking meditation is another form of exercise that is simple, free of cost, and allows time for pondering and clearing of the mind while burning calories.

Click [here](#) for additional ideas to help you unwind and rejuvenate.



#### STRESS MANAGEMENT TIP

Overloading and committing to too much can contribute to excess stress. Protect your time by knowing your limits and learning to say no when enough is enough.

– [Gaiam Life](#)

## WORKOUT WARRIOR

### 99 PARTICIPANTS IN FEBRUARY

The theme of the February Workout Warrior was **Take Heart** – 99 Workout Warriors participated.



Janene P. was the random winner of an Amazon gift card. Congratulations Janene!

The theme for April is **Mindful Movement**.

Sign up for our Workout Warrior monthly challenge [here](#). Workout Warrior is moderated by PEHP Wellness staff. Workout Warrior is email-based and self-paced. Participants receive useful health information about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

Keep moving!



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## FOOD FOR THOUGHT

By Maria Givler

### De-Stress at Mealtime

Practicing mindfulness can help you cope with the daily stressors of life. Mindful eating tunes you into your body and helps you identify your hungry and fullness cues.

When you are aware of these cues you are more likely to eat when you need fuel and then stop before you are overfull, which leads to discomfort, sluggishness and weight gain.

#### TIPS FOR A STRESS-FREE MEAL

Here are 7 [Mindful Eating](#) tips from Dr. Susan Albers. Incorporate one or more of these ideas for a stress-free meal:

1. Shift out of autopilot eating
2. Take mindful bites
3. Be attentive while you eat
4. Mindfully check in
5. Think mindfully
6. Participate in mindful speech
7. Obtain mindful eating support



## SIMPLY YOUR LIFE

By Tiffany Anderson

### Work in Harmony: Bend Don't Break

Some people seem unable to see issues from any point of view but their own. Whether they work for you or with you, their inflexibility can add to your daily stress. Here's how to work together in harmony:

- » Listen. Give your complete attention to the other person, and show you understand by paraphrasing what he or she says.
- » Focus on the other person's position, not your own.
- » Agree when you can; most of the time you should be able to find common ground.



- » Disagree with tact. Stand your ground when necessary and explain your own point of view in positive language.
- » Show some flexibility yourself. Don't adopt an inflexible stance of your own in response to someone else's tough attitude. Remind yourself to stay open-minded at all times



#### STRESS MANAGEMENT TIP

Just Say No. Trying to do everything is a one-way ticket to serious stress. Be clear about your limits, and stop trying to please everyone all the time.  
– *National Institute of Health*

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## PEHP WAIST AWEIGH

By Emily Mecham

Contact us:  
PEHP Waist Aweigh • 801-366-7300 or 855-366-7300  
email: waistaweigh@pehp.org

### Keeping Sleep in Mind

You likely recognize you feel healthier and happier when you have had enough sleep, but when you are running on little sleep, it's easier to feel overwhelmed by daily stresses. It can also be harder to maintain a healthy weight and [prevent disease](#).

What is the connection between sleep, [stress](#) and weight management? It's a topic of ongoing study, but similar themes continue to emerge. For example, [research](#) has shown that sleep may be as important as diet and exercise for managing stress levels and a healthy weight. Adults who sleep an average of eight hours per night are less likely to report high stress levels and are more likely to be at a healthy weight.

Before it takes a toll on your health, act today by trying [these steps toward better sleep](#)! If you feel you suffer from a [sleep disorder](#), talk with your healthcare provider.



#### SHOUT OUTS

Congratulations to Brad R. (February) and Scott J. (March) for taking steps to improve their health and graduating from PEHP Waist Aweigh! Way to go!

FIND GRAD SUCCESS STORIES [HERE](#)

#### PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

LEARN MORE/ ENROLL [HERE](#)

#### STRESS MANAGEMENT TIP



Allow yourself to do something you enjoy each day. Paradoxically, the time we need to take care of ourselves the most, when we are stressed, is the time we do it the least.

- Dartmouth University

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## PEHPWEECARE

### STRESS MANAGEMENT TIP



Improve sleep hygiene to better manage stress.

*Sleep hygiene* refers to habits and rituals that you can put in place each evening to optimize sleep – habits like a warm bath or shower, plus avoiding stimulants like caffeine and chocolate before bedtime. Learn more [here](#).

– National Sleep Foundation

## Sleep Tips for Mom

When we become parents there are extra demands on our time, not to mention finding the time for quality sleep.

Sleep is typically sacrificed when caring for an infant; though we also know that sleep is needed for good



mental and physical health. According to [Dr. Michael Twery](#), a sleep expert at NIH, “Sleep affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health.”

While sleepless nights and motherhood seem to go hand in hand – how can mothers cope?

Consider these tips:

- » **Sleep when your baby sleeps.** Silence your phone, calls and chores can wait.
- » **Don't 'bed share' during sleep.** It's OK to bring your baby into your bed for nursing or comfort –



but return your baby to the crib or bassinet when you're ready to go back to sleep.

- » **Split up nighttime duties.** If you're breastfeeding, perhaps your partner could bring you the baby and handle nighttime diaper changes.

Find more ideas to help you sleep [here](#).

### Contact us:

PEHP WeeCare • 801-366-7400 or 855-366-7400

email: [weecare@pehp.org](mailto:weecare@pehp.org)

### PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

LEARN MORE/  
ENROLL  
**HERE**



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## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Sign up for our April Health Challenge: Money Matters</b> Are you living within your means? Have a rainy day fund? Gain control and learn tips to live debt free. Register <a href="#">here</a> .			1 HU TESTING SESSION Roosevelt	2 HU TESTING SESSION Vernal	3 Good Friday, Passover Begins at Sundown	4 Passover
5 Health Tool of the Week: <a href="#">Free Video – Scientific Results of Yoga for Health</a> Easter	6 HU TESTING SESSION Murray	7	8	9 HU TESTING SESSION Salt Lake City	10 HU TESTING SESSION American Fork	11 Passover Ends
12 Health Tool of the Week: <a href="#">Harvard Health: Coping with Stress and Anxiety</a> Orthodox Easter	13 HU TESTING SESSION Loa/Vernal	14 HU TESTING SESSION Loa/Hanksville/Vernal	15 HU TESTING SESSION Bicknell/Myton	16 HU TESTING SESSION Richfield	17	18
19 Health Tool of the Week: <a href="#">Free Podcasts to Help You Relax</a>	20 HU TESTING SESSION Salt Lake City/Vernal	21 HU TESTING SESSION Vernal	22 Administrative Professionals Day HU TESTING SESSION Orem/Roosevelt	23	24	25
26 Health Tool of the Week: <a href="#">Know Your Risk: Holmes and Rahe Stress Scale</a>	27 HU TESTING SESSION Nephi	28 HU TESTING SESSION Ephraim	29	30 HU TESTING SESSION Richfield		

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