

May 2024

THE KEHP COLUMN



Four Ways To Manage Stress

May is Mental Health Awareness Month. Take action today to reduce your stress.

- 1. Get Regular Exercise:** Just 30 minutes of walking every day can help boost your mood and improve your health.
- 2. Focus on Positivity:** Identify and challenge your negative and unhelpful thoughts.
- 3. Eat Healthy, Regular Meals and Stay Hydrated:** A balanced diet and plenty of water can improve your energy and focus throughout the day.
- 4. Make Sleep a Priority:** Stick to a schedule. Blue light from screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.



[Explore Castlight to take charge of your wellbeing.](#)

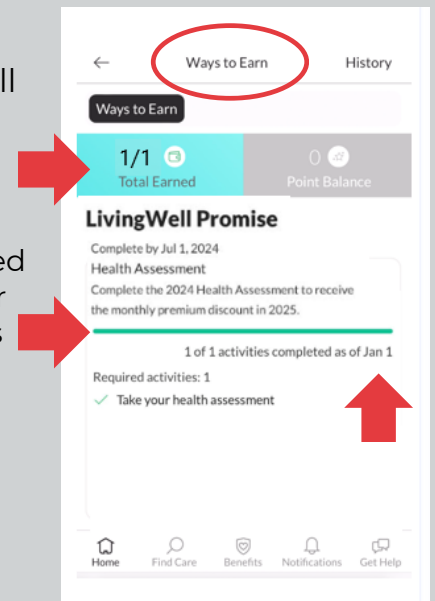
Source: NIH.gov. Caring for Your Mental Health. <https://smokefree.gov/challenges-when-quitting/stress/coping-with-stress>. Accessed 04/01/2024.

LivingWell Promise

Complete the 2024 Health Assessment in Castlight by 7/1/2024 to receive the LivingWell Promise monthly premium discount in plan year 2025.

Your LivingWell Promise is fulfilled if it shows:

- 1/1 Total Earned
- Full green bar
- 1 of 1 activities completed



New employees with a hire date of January 2, 2024 or after who choose a LivingWell plan option outside of open enrollment will not be required to complete the LivingWell Promise in 2024 to receive the premium discount in plan year 2025.

[2024 Castlight Flyer](#)

Need help finding a primary care provider?

Watch the recording of the [April 11th Illuminating Your Health Benefits](#) webinar highlighting a Castlight live demo to learn about the tools and resources available through Castlight to assist with finding a primary care provider.



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World No Tobacco Day

Every day is a good day to stop smoking, vaping, or chewing tobacco products. Kick your tobacco habit once and for all. May 31st is World No Tobacco Day.

Stress is a normal part of life. In moderation, it can help you reach your goals, but too much stress creates more problems. Managing stress is a key part of quitting smoking. Review the Coping With Stress Without Smoking handout and pick one of the eight stress management techniques to try today.



[Coping With Stress Without Smoking](#)

Source: Smokefree.gov. Coping With Stress. <https://smokefree.gov/challenges-when-quitting/stress/coping-with-stress>. Accessed 04/01/2024.



Square Breathing

A simple stress management practice that follows a particular rhythm. Square breathing may calm the nervous system and slow the heart rate. It can be practiced anytime when you are feeling stressed.

1. Inhale for a count of 4.
2. Hold for a count of 4.
3. Exhale for a count of 4.
4. Hold for a count of 4.
5. Repeat.



[Square Breathing Exercise](#)

Source: Mondaycampaigns.org. Square Breathing. <https://www.mondaycampaigns.org/destress-monday/square-breathing>. Accessed 04/01/2024.

Connect with a Castlight Care Guide

Connect with trained expert who can help with everything from technical support and answering questions about your healthcare to helping you complete your Health Assessment over the phone. Conversations with Care Guides are private, secure, and provided at no cost.

Castlight Care Guides are available Monday - Friday from 8am-9pm ET. Chat in the Castlight app, call 1-800-681-6758, or email support@castlighthealth.com.

