

Coping with Stress

In small doses, stress is a good thing. It can energize and motivate you and perhaps even prevent or delay certain types of damage to your cells. But prolonged or excessive stress can take a severe psychological and physical toll. High stress levels have been linked to depression, anxiety, cardiovascular disease, musculoskeletal problems, an impaired immune system and cancer.



Identify your stress triggers

Your genes, personality and life experiences all influence the way you respond to stress. Situations and events that are distressing for most people might not bother you. Or, you may be particularly sensitive to even minor stressors. The first step in dealing with stress is identifying your particular stress triggers. Some causes of stress are obvious like a job loss, a divorce, or the death of a loved one. But small, daily hassles and demands such as a long commute or trouble finding childcare also contribute to one's stress level. Over time, small, persistent stressors can wreak more havoc than sudden, devastating events.

Try one or more of these techniques to help identify the factors causing you stress:

- **Keep a stress journal.** For one week, note which events or situations cause a negative physical, mental or emotional response. Record the day and time. Give a brief description of the situation. Where were you? Who was involved? What caused the stress? Also, describe your reaction. How did you feel? What did you say or do? Finally, on a scale of 1 to 5 rate the intensity of your stress.
- **Make a list of all the demands on your time and energy for one week.** Some examples may include your job, volunteer work, driving kids to after-school activities or caring for an elderly parent. Then, on a scale of 1 to 5 rate the intensity of stress that each demand causes.

Look at your stress recordings. Pay particular attention to events that you ranked as very stressful. Select one of them to work on using problem-solving techniques; identify and explore the problem, looking for ways to resolve it, and select and implement a solution. Suppose, for instance, that you are behind at work because you leave early to pick up your kid from school. Check with other parents to see if your kid can ride with them. To cope with stress try to find a way to change the sources that are causing it.

Improve your time management skills

Effective time management skills can help you identify goals, set priorities and minimize stress. Use these tips to improve your time management skills and lower your stress level.

- Create realistic expectations and deadlines for yourself.
- Throw away unimportant papers on your desk.
- Prepare a master list of tasks. Throughout the day, scan your master list and work on tasks in priority order.

- Use a planner. Store addresses and telephone numbers. Copy tasks from your master list onto the page for the day on which you expect to do them.

For especially important or difficult projects, reserve an interruption-free block of time behind closed doors.

Extinguish job burnout

Nowhere is stress more likely than at work. Twenty-five percent of people say that their job is the primary stressor in their lives. In fact, the vast majority of workers believe that on-the-job stress is worse today than it was just 10 years ago. Job stress can affect your professional and personal relationships, your livelihood, and your health.

Here are strategies you can use:

- **Identify the source of the problem.** Figure out what is making you over stressed at work and then take steps to deal with it.
- **Develop friendships at work and outside the office.** Sharing unsettling feelings with people you trust is the first step toward resolving them.
- **Take time off.** Take a vacation or a long weekend if you need it.
- **Set limits.** When necessary, learn to say no in a friendly but firm manner.
- **Have an outlet.** Read, enjoy a hobby, exercise or get involved in some other activity that is relaxing.
- **Seek help.** If none of these things relieves your feelings of stress or burnout, ask a health care professional for advice.

Source:

Mayo Clinic Web Portal, www.bewellstaywell.az.gov

American Diabetes Alert Day

The American Diabetes Alert Day is a one-day, “wake-up” call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to take the Diabetes Risk Test and find out if they, or their loved ones, are at risk for developing type 2 diabetes. Observed on the fourth Tuesday of every March, the 21st annual American Diabetes Alert Day is **Tuesday, March 24, 2009**.

Why is Diabetes Alert Day important?

- 23.6 million children and adults in the U.S. have diabetes
- Nearly one-quarter of those do not know they have diabetes
- One in five Americans is at risk for developing type 2 diabetes



For many, diagnosis may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or

preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle), and over the age of 45 should consider themselves at risk for the disease.

The Diabetes Risk Test requires users to answer simple questions about weight, age, family history and other potential risk factors for type 2 diabetes. The Diabetes Risk Test will show users whether they are at low, moderate, or high risk for pre-diabetes or diabetes. The Diabetes Risk Test is available in English and Spanish by calling the American Diabetes Association at: 1-800-DIABETES (1-800-342-2383) or by visiting:

www.diabetes.org/alert.

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings below are FREE

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar

Optional screenings include:

- Prostate Specific Antigen (PSA) - for men
- Osteoporosis/Bone Density—for women



You will need your Employee Identification Number (EIN) and Insurance card for these events:

March 4 — Phoenix , AHCCCS

701 E. Jefferson, Gold Room
(7:30am-9:30am)

March 4 — Mesa, ASU

7001 E. Williams Field Rd.
Union Cooley, Ballroom C
(7:30am-2:00pm)

March 5 — Phoenix, DOE

2005 N. Central, Room 106/107
(8am-10:30am)

March 10 — Phoenix, Gaming

202 E. Earll Dr., #200
(9am-11am)

March 25 — Phoenix, ASU Downtown

411 N. Central Ave
University Ctr. Bldg., Room 822A
(8am-12pm)

March 26 — Mesa, AHCCCS

460 N. Mesa Dr., Suite 101 Conf. Room
(8am-9am)

For information about how to register for a specific mini health screening please refer to the online monthly schedule listed by county on the wellness website at www.benefitoptions.az.gov/wellness or call 602-771-9355



“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.” Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance’s member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 participants preferred.

- Mar. 4 — Holbrook, DES
153 W. Vista Dr.
(10am—3pm)
- Mar. 4 — Phoenix, Capitol
1700 W. Jefferson
(8am-5pm)
- Mar. 5 — Phoenix, DPS
2102 W. Encanto Blvd
(7am-4pm)
- Mar. 13 — Chandler, MVD
50 S. Beck St
(8am-12pm)
- Mar. 13 — Mesa, MVD
4123 E. Valley Auto Dr.
(2pm-5pm)
- Mar. 16 — Tucson, State Complex
400 W. Congress
(9am-5pm)
- Mar. 19 — Phoenix, DES
1824 E. McKinley St.
(8am-5pm)
- Mar. 24 — Phoenix, ASPC
2500 E. Van Buren
(6am-1pm)

Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th.

Mobile Onsite Mammography, Healthwaves, Banner Occupational Health, and Maxim Health Systems are now under contract to provide convenient, at-work screening services.

Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

Healthwaves

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

Maxim Health Systems

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

Mobile Onsite Mammography

- Mammography Screening

Banner Occupational Health

- Skin Cancer Screening

EDUCATIONAL CLASSES STATUS:

Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be the State’s vendors providing services in the future. Wellness is working to complete the vendor implementation, but due to severe budget restrictions will not be able to offer the contracted services at this time. These programs will be placed on hold pending analysis from the ADOA budget team.

Thank you for your patience during this difficult budgeting period.



February Screening Schedule Continued

Call MOM at 480-967-3767 to schedule your appointment at any of the following locations

Mar. 25 — Glendale, MVD
16380 N. 59th Ave.
(7am—11am)

Mar. 26 — Globe, DOC
1000 Fairground Rd.
(9am—12pm)

Mar. 31 — Phoenix, DOC
1601 & 1645 W. Jefferson
(7am—4pm)

The minimum 25 participants is preferred to maintain the above schedule. In the event, the minimum participation is not met, ADOA may cancel the MOM screening until adequate utilization can be confirmed.

Please call Wellness at 602-771-9355 with any question regarding the participation minimums.

Skin Cancer Screenings



A nurse practitioner or physician's assistant with Banner Occupational Health will perform a FREE assessment to check for suspicious lesions and will provide skin cancer

prevention education. The screening takes about 10 minutes, and participants will not disrobe.

NO SKIN CANCER SCREENING SCHEDULED THIS MONTH

Protecting your skin is important, particularly to Arizonans who typically experience 325 days of sunshine per year. If you would like to host a skin cancer screening at your work location please visit the wellness website at:

www.benefitoptions.az.gov/wellness and complete the online event request form.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form, including contact information and the event requested and hit submit! A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!

Take advantage of the many programs and services to keep employees healthy

Created and published by ADOA, Benefit Options Wellness Program
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www.benefitoptions.az.gov/wellness
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