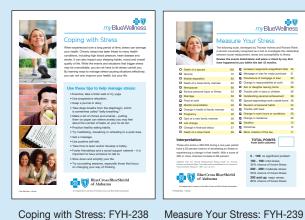


HOW TO USE THE Stress Management Tool Kit

Blue Cross and Blue Shield of Alabama provides the Stress Management Tool Kit to help your employees learn to recognize and cope with stress.

In addition to printed materials, the Stress Management Tool Kit includes links to online learning videos: The first reveals how stress affects the body and how to recognize potential stressors. The second addresses techniques for coping with stress.

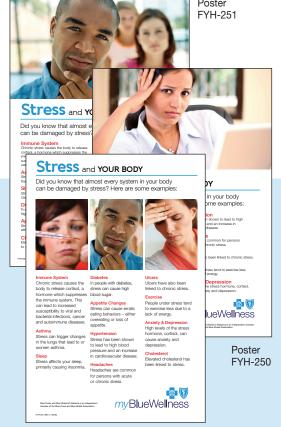
Stress Management Tool Kit: EDUCATIONAL MATERIALS







Stress & Your Body: FYH-240



Poster FYH-241

Here are a few suggestions to help you use these materials in your workplace.

Every workplace is different, so find out what works best for you.

- Distribute the materials and present the online videos in one comprehensive educational workshop.
- Separate the topics into a two-part series and use in a group setting. Have someone facilitate a session to discuss each video. Display the posters and distribute the appropriate materials coordinating with each video.
- Another very simple option is to play the videos in your breakroom, display the posters and make the handouts available to your employees.

Ordering additional materials is easy!

- 1. Go to AlabamaBlue.com/employers.
- 2. Select "Forms and Materials."
- 3. Enter the stock number to download or order.

Title	Stock No.
Coping with Stress - handout	FYH-238
Measure Your Stress - handout	FYH-239
Stress and Your Body - handout	FYH-240
Stress and Your Body - 11x17 poster	FYH-241
Stress and Your Body - 11x17 poster	FYH-250
Stress and Your Body - 11x17 poster	FYH-251
Video 1 "Understanding Stress"	<u>Link</u>
Video 2 "Stress Management"	Link





BlueCross BlueShield of Alabama