

Put the brakes on stress



Running on empty?

After creeping through the morning traffic jam, you're late for work only to find that your computer has crashed and you have a presentation within the hour. The pounding pulse, sweaty hands and throbbing head begin. Left unchecked, stress can:

- Increase cortisol levels to unhealthy levels
- Raise blood pressure, cholesterol and triglycerides
- Make you more susceptible to depression and anxiety
- Worsen skin conditions and trigger asthma attacks
- Affect memory function

Put the hectic pace in neutral, park yourself in front of the computer and take advantage of all the stress-reducing help and resources — such as *Ask A Life Coach* and *Live Well* section — from the Personal Health Manager through Blue Access® for Members.



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