## Put the brakes on stress

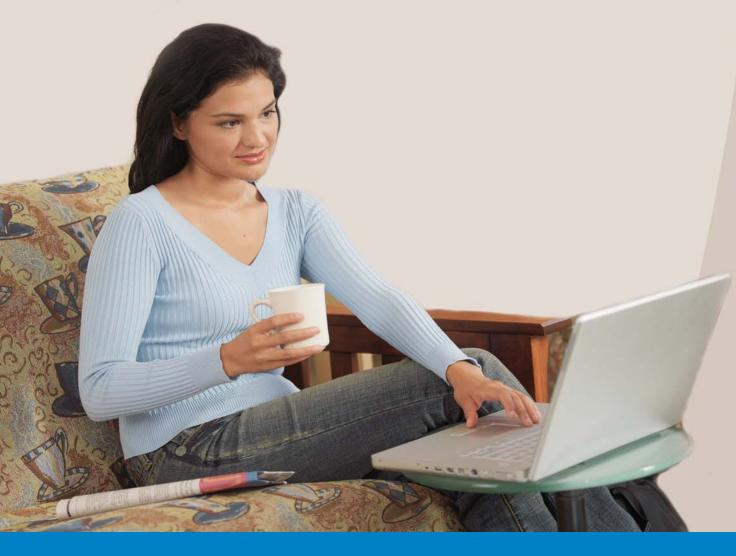


## Running on empty?

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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Source: Mayo Foundation for Medical Education and Research

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