

2025

Well-being Calendar

Encourage your employees to engage
in healthy behaviors year-round

A photograph of two women in conversation outdoors. The woman on the left has dark curly hair and is wearing a pink top and a silver hoop earring. The woman on the right has grey hair and is wearing a grey hoodie over a pink top, smiling broadly. The background is a soft-focus green, suggesting trees.

A healthy workforce is good for business

Our 2025 Well-being Calendar features monthly flyers to share with your employees on a variety of well-being topics and resources. Share one tip sheet a month via email, intranet - or print and post in high traffic areas to encourage whole-person care throughout the year

We're here to help. Contact your health management consultant or account manager for more information.



Intellectual Wellness

Nurture your mind

Why is intellectual wellness important?

Intellectual wellness refers to the active pursuit of knowledge and mental growth. It involves engaging in stimulating activities that expand one's understanding, skills, and creativity. This dimension of wellness encourages lifelong learning, critical thinking, and the exploration of new ideas. Maintaining intellectual wellness not only enhances personal and professional development but also promotes a sense of curiosity and mental agility, contributing to a fulfilling and balanced life.

Enhance your intellectual wellness:

- **Engage in activities that challenge your mind.** Reading, solving puzzles, participating in discussions, attending workshops or cultural events, and enrolling in educational courses can all lead to enhanced intellectual growth.
- **Set goals.** Use the SMART technique to ensure your objectives are clear and attainable. Specific, Measurable, Attainable, Relevant and Time-bound. This structured approach will help you turn vague intentions into actionable plans, enhancing your ability to achieve your goals efficiently and effectively.
- **Get involved.** Start by identifying local organizations or causes that resonate with your passions and skills, such as food banks, animal shelters, or youth programs. Volunteering your time and expertise, whether it's mentoring, organizing events, or providing professional services, can make a significant difference. By giving back, you not only strengthen the community but also build meaningful connections and personal growth.
- **Pursue hobbies.** Identify activities that genuinely interest you, whether it's painting, gardening, playing a musical instrument, cooking, or hiking. Set aside dedicated time in your schedule to focus on your hobby, ensuring it becomes a consistent part of your routine. Joining clubs, classes, or online communities can provide support, inspiration, and opportunities to learn from others who share your interest. Hobbies should be enjoyable and stress-relieving, so embrace the process, celebrate progress, and allow yourself to explore and evolve within your chosen activities.
- **Take a nap.** Prioritizing short breaks and naps can enhance your mental clarity, reduce stress, and improve your overall efficiency. Start by recognizing the importance of rest and giving yourself permission to step away from tasks without feeling guilty. Schedule regular breaks into your day, setting alarms or reminders to prompt you to pause and recharge. Create a conducive environment for relaxation, such as a quiet, comfortable space free from distractions. For naps, aim for a duration of 10-20 minutes to prevent grogginess and ensure you feel refreshed upon awakening.



Looking for more tips? Team up with a health coach

Our Providence health coaches are here to support your lifestyle goals. Get started at ProvidenceHealthPlan.com/healthcoach or call 888-819-8999



Heart Health

Know the signs of heart disease

Why you might be at risk

Heart disease is the leading cause of death in the U.S. with 800,000 heart attacks annually - 600,000 of which are first-time heart attacks, often in people unaware they had heart disease. A family history of heart disease is a major risk factor - so talk to your loved ones about their health history. Cholesterol buildup in arteries can cause reduced blood flow over time, eventually leading to heart attacks or strokes. Early detection is key to long-term health, so you catch heart disease before it becomes more significant. Be sure to get your annual wellness checkup with your primary care provider so you can identify and prevent cardiovascular issues.

Managing risk factors

Heart disease is not just about "blocked plumbing." Around 20% of heart disease in young people is caused by abnormalities or autoimmune diseases. While family history plays a role, lifestyle changes can reduce your risk. Smoking cessation, weight loss, stress management, and a Mediterranean diet (rich in healthy fats, grains, fruits, and vegetables) all help. Regular exercise - like walking 30-45 minutes most days - is also important.

Heart disease doesn't just impact the elderly

If you're in your 20s or 30s, you might think heart disease is far off, but 5% of adults over 20, including those under 40, already have coronary artery disease. A higher Body Mass Index - over 30 - increases this risk.

Signs of heart disease

Symptoms of heart disease can start mild and worsen over time. Chest pain, shortness of breath, and fatigue are common early signs, but symptoms can be different for women. They may include fatigue, jaw pain, or indigestion rather than chest pain. Early signs can also be unusual for people with diabetes or older adults, like leg swelling or dizziness. Many people, especially women, may not recognize these symptoms as heart-related until it's too late. The American Heart Association's [Go Red for Women](#) campaign has raised awareness about women's unique symptoms, such as fatigue and referred pain.

Controlling heart disease

Primary care plays a crucial role in the early detection and management of heart disease by providing regular health screenings and monitoring key risk factors such as blood pressure, cholesterol levels, and blood sugar. Through personalized care plans, primary care physicians can offer lifestyle recommendations, prescribe necessary medications, and coordinate with specialists to ensure comprehensive care. By fostering a strong patient-provider relationship, primary care helps individuals stay proactive in maintaining their heart health and preventing the progression of heart disease.



Set your path for a healthy life - let Providence Basecamp be your guide

[Basecamp Prevention + Wellness](#) offers free in-person and online classes, tools, and support to help you achieve your heart health goals. Call 503-216-0880 or email Basecamp@providence.org to get started.



Gut Health

Improve your digestive health

What is the gut microbiome?

Your gut microbiome - located inside your intestines - is in fact a miniature ecosystem, populated by trillions of microscopic organisms. These microorganisms include over a thousand species of bacteria, as well as viruses, fungi and parasites. Your gut microbiome is unique to you. Infants inherit their first gut microbes during delivery - later on - your diet and other environmental exposures introduce new microbes to your ecosystem. Unfortunately, some of these environmental exposures can also harm and diminish your gut microbiome.

What does your gut microbiome do?

Your gut microbiome interacts with many of your body systems and assists with many body functions. Some of these interactions are well known - others are still being researched. Some of the known relationships include:

- Bacteria in your gut help break down certain complex carbohydrates and dietary fibers that you can't break down on your own.
- Gut bacteria also helps to metabolize bile in your intestines. Your liver sends bile to your small intestine to help you digest fats. When that's done, bacteria and their enzymes help to break it down so that the bile acids can be reabsorbed and recycled by your liver.
- Beneficial microbes in your gut help to train your immune system to tell them apart from the unhelpful, pathogenic types.
- Certain bacteria produce or stimulate the production of neurotransmitters (like serotonin) that send chemical signals to your brain.
- Gut microbes and their products also interact with endocrine cells in your gut lining. They secrete hormones that regulate aspects of your metabolism, including blood sugar, hunger and satiety.

Take care of your gut microbiome

A healthy diet and lifestyle encourage a healthy gut microbiome. For example:

- Improve your gut health naturally with a diverse and plant-rich diet. Consume a variety of whole foods like whole grains, vegetables and fruits - all of which offer plenty of dietary fiber for your gut microbes. These types of foods also reduce inflammation in your gut, which affects your gut environment.
- Try probiotics and prebiotics. You can get probiotics and prebiotics in supplement form, or from foods. Probiotics are helpful microbes that you can ingest, through supplements or fermented foods, that'll take up residence in your colon. Prebiotics are the dietary fibers that feed your helpful gut bacteria. Your healthcare provider can help you pick the best probiotic or prebiotic for you.



Looking for digestive care?

The [Providence Digestive Health Institute](#) provides specialized care for all conditions and diseases of the digestive tract. Our network of highly skilled specialists and care teams works together to diagnose and treat more digestive health issues than any other program in Oregon.



Financial Well-being

Maximize your health and savings

Know your benefits

Visit myProvidence.com to access your personalized health plan information such as your benefits summary, claims and explanations of benefits, estimated costs for services, and progress toward your deductible and out-of-pocket maximum. Regularly review your benefits summary to stay informed about what your plan covers and any changes that may occur annually.

Choose the best care option for your needs

You've got many options for accessing care – from ProvRN, our free 24/7 nurse line – to the emergency room. Knowing when and where to get care is essential to your health and your wallet. Learn more about your [care options](#) so you can get the care you need, when you need it. Always try to use in-network healthcare providers to avoid extra charges. Refer to the [provider directory](#) to locate in-network providers and participating pharmacies.

Focus on prevention

Prevention is key to maintaining good health. From routine screenings to immunizations, essential [preventive care](#) is accessible without worrying about out-of-pocket expenses, helping you stay proactive about your health. It's much easier – and far less expensive – to address health problems now rather than to try to cure them once they occur.

Save money on prescriptions

Providence offers access to thousands of participating pharmacies with in-person or mail order options. Review your [pharmacy benefits](#) to see how you can save money and time on prescription medications by filling a 90-day supply or setting up mail order.

Take advantage of member perks

PHP members can enjoy exclusive discounts on a wide range of recreational, cultural, and travel-related businesses and activities through the [LifeBalance](#) program. Discover whole body health with [One Pass Select](#). Choose a membership tier that fits your lifestyle and access digital fitness apps, gym memberships, and home grocery delivery services.

Get personalized support

Providence offers various member support programs, including [Care Management](#) and [Health Coaching](#). With someone walking alongside you – it's easier than ever to commit to your personal well-being and overall health. Best of all, these services come at no additional cost for eligible PHP members.

Make the most of your HSA or FSA

If you have a Health Savings Account (HSA) or Flexible Spending Account (FSA), make sure you're not leaving money on the table. These accounts can help cover health-related expenses, but there are key differences to be aware of. HSA's are only open to people with high-deductible health plans but the funds don't expire and travel with you if you switch jobs or insurance plans. FSA dollars must be spent by the end of the calendar year. Read more about health accounts [here](#).



Learn benefit basics

The more you know – the better. Learn key insurance terms such as co-pay, co-insurance, deductible, and out-of-pocket maximum – and how your health plan and providers work together [here](#).



Women's Health

One size does not fit all

Be proactive

Scheduling a yearly exam with your provider helps keep your health on track, but it can also keep you up to date on what screenings and exams you're due for. Preventive screenings and exams vary depending on your age, health history and risk factors. Visit the [Office on Women's Health website](#) to find out what healthy living looks like at your age.

Prioritize mental health

Start by carving out time for self-care activities like exercise, meditation, or hobbies that bring joy. Set boundaries to protect your personal time and avoid burnout. Seek social support by connecting with friends and loved ones or join support groups. Find a therapist or counselor, through Providence's [Behavioral Health Concierge](#), who can help provide tailored strategies, guidance, and coping mechanisms. Remember, it's ok to say no and prioritize your own needs.

Take care of your heart

Heart disease encompasses a range of conditions affecting the heart, including coronary artery disease, heart attacks, and arrhythmias. Heart disease symptoms women experience often differ from men and include, indigestion, shortness of breath, and back pain. Engaging in regular exercise that strengthens the heart and improves circulation and eating a heart-healthy diet can significantly lower the risk of heart disease. Regular check-ups and being informed about your family history and risk factors can help ensure timely intervention.

Maintain bone health

Maintaining bone health is crucial for women, especially as they age. Consume a calcium-rich diet, get outside when it's sunny to soak up vitamin D or talk to your doctor about adding supplements to your diet to aid in calcium absorption. Regular weight-bearing exercises, such as walking, jogging, or strength training, can help maintain bone density. Avoid smoking and limit alcohol consumption, as these can negatively impact bone health. Talk with your healthcare provider about bone density tests to help monitor your bone health and address any issues early.

Understanding the menopause transition

Menopause causes a significant decline in the production of hormones such as estrogen and progesterone, leading to symptoms like hot flashes, night sweats, mood swings, and sleep disturbances. Educate yourself about the symptoms and changes associated with menopause so you know what to expect. Build a supportive network of friends or join a support group to help provide you with emotional support. Watch Providence's [Managing the Menopause Transition Webinar](#) to learn more about what you can do to ease the menopause transition.



Care for every stage of a woman's life

[Providence Women's Clinic](#) offers you holistic care, at every stage of your life, from your first well-woman exam to family planning, parenthood and through menopause.



Men's Health

Your path to optimal health

Prioritize your health by addressing common health issues:

Focusing on preventive care can significantly reduce the risk of chronic diseases, have positive implications for mental well-being, promote longevity, and enhance quality of life. Find a [Primary Care Provider](#) and schedule your yearly wellness exam to stay on top of your physical and mental health.

- **Mental health matters.** Men's mental health is often overlooked. Societal expectations and traditional gender roles can pressure men to suppress their emotions and avoid seeking help. Open conversations and increased awareness are essential in breaking down these barriers. Find a therapist or counselor through Providence's [Behavioral Health Concierge](#) who can help provide tailored strategies, guidance, and coping mechanisms.
- **Battling high blood pressure.** Hypertension, or high blood pressure, can significantly increase the risk of heart disease, stroke, and other serious conditions. A balanced diet, regular exercise, and stress management - alongside medication, when necessary, can all help manage high blood pressure. Early detection and proactive management are crucial in reducing the long-term health risks associated with hypertension.
- **Strength and mobility.** Maintaining musculoskeletal health is essential for men to ensure mobility and overall well-being. Incorporate regular strength training exercises to build and maintain muscle mass and bone density. Engage in weight-bearing activities such as walking, running, or sports to strengthen bones. Stretching and flexibility exercises, such as yoga or Pilates, can help maintain joint health and prevent injuries. Avoid smoking and excessive alcohol consumption, as these can weaken bones and muscles.
- **Early detection and treatment.** Prostate cancer primarily impacts older men, with risk factors including age, family history, and certain genetic markers. Early stages often present no symptoms, making regular screenings like PSA tests vital for early detection and treatment. Testicular cancer typically affects younger men, particularly those between 15 and 35 years old. It often manifests as a lump or swelling in the testicles and is highly treatable when detected early. Awareness, regular self-examinations, and routine medical check-ups are crucial for early diagnosis and treatment.
- **Understanding low testosterone.** Symptoms of low testosterone usually include reduced muscle mass, fatigue, decreased libido, mood swings, and cognitive difficulties. This condition can result from aging, underlying health issues, or lifestyle. Diagnosis typically involves a simple blood test, and treatment options may include lifestyle modifications, hormone replacement therapy, or addressing the underlying causes. Prompt attention to low testosterone levels can help restore vitality, improve mood, and enhance overall health.



A guide to choosing the right care

It can be hard to know where the right place to get care is for your health needs. Use [Providence Health Plan's Care Options Guide](#) to help you choose where to go and when.



Staying Hydrated

Tips on maintaining your hydration

Adequate hydration is vital to health

Proper daily hydration assists the body in multiple ways – it helps to regulate body temperature, keep your joints lubricated, prevent infections, deliver nutrients to cells, and keep your organs functioning properly. Being well-hydrated also improves your sleep quality, cognition, and mood. Proper hydration helps your heart easily pump blood through the body – effectively allowing the heart not to work as hard. Dehydration means your body doesn't have enough water to function properly – which can cause problems such as dizziness, feeling worn down, or even life-threatening illnesses, such as heat stroke.

Causes of dehydration

Dehydration can be caused by:

- Fever
- Diarrhea
- Excessive vomiting
- Sweating from hot weather, exercise, or sauna use
- Some medicines that cause extra urination, such as diuretics
- Some diseases that cause you to urinate more, such as poorly controlled diabetes

Symptoms of dehydration

Symptoms can occur a bit differently in each person. They can include:

- Thirst or dry mouth
- Tiredness
- Lightheadedness or fainting
- Muscle cramps
- Less urine – that's dark yellow or even light brown in color
- Headache
- Confusion

Maintain adequate hydration

For most people – water is the best fluid to drink to stay hydrated. It's recommended that women drink 11 cups of water per day and men drink 16 cups per day – on average. Drinking water before you exercise or go out into the sun is an important first step. Otherwise, your body is playing catch-up – and your heart could be strained. Some foods can also be a source of water, such as fruits and vegetables. Sports drinks with electrolytes may be useful for people doing vigorous exercise – especially in hot weather, though they tend to be high in added sugars and calories. It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.



Use your member perks and discounts

[LifeBalance](#) provides discounts on more than 20,000 recreational, cultural and travel related businesses and activities. Log into your [myProvidence](#) account to get started.



Eye Health

Protect your vision

Blue light can disrupt your sleep

Blue light suppresses the secretion of melatonin, which influences your circadian rhythm. Too much blue light at night can affect your sleep and potentially contribute to risk for health conditions. Try to avoid bright screens 2-3 hours before bed, wear blue-light blocking glasses or install blue-light filters on your phone or tablet.

There's more to sunglasses than style

Exposure to the sun without proper protection can damage your eyes and increase your risk of developing cataracts, eye cancer or macular degeneration. When choosing sunglasses make sure they block 99-100% of UVA and UVB rays. Visit the American Academy of Ophthalmology to read [tips for choosing the best sunglasses](#).

Healthy vision at work

If you work in front of a computer all day, your computer screen should be 20 to 26 inches away from your eyes. Keep the screen level with your line of sight or a little below eye level and angle your monitor or use curtains to reduce glare. Take a break every hour and keep eye drops on hand to prevent dry eyes. Read more tips on the [Providence blog](#).

Keep your eyes healthy

- **Have a full eye exam with dilation once every one or two years.** There are a number of common eye diseases – including glaucoma, macular degeneration and diabetic eye disease – that often have no warning signs. A [well-timed eye exam](#) could save your vision.
- **Wear sunglasses.** Not only do they make it easier to see outside, they also protect your eyes.
- **Make a conscious effort to rest your eyes.** Try the 20-20-20 rule. Every 20 minutes, look away from the screen about 20 feet in front of you, for 20 seconds.
- **Practice healthy habits, like eating leafy greens, staying active and being smoke-free.** A healthy lifestyle is good for the general health of your eyes and it can help prevent other health conditions like diabetes, which is the leading cause of blindness in adults.
- **Wear protective eyewear.** When you are playing sports, working with heavy machinery or handling dangerous chemicals, wear safety glasses or goggles that are specially designed for that activity.
- **Take care with contact lenses.** Prevent infection by washing your hands before handling contacts. Be sure to also follow the guidelines on how often to change out your contact lenses. Not changing them can cause your eyes to be more prone to infections, inflammation and irritation due to proteins and bacteria.



Schedule your eye exam

Looking for a provider? Find one in your network at ProvidenceHealthPlan.com/findaprovider or log in to your [myProvidence](#) account.



Health Literacy

Making informed health decisions

Improve your well-being – by improving your health literacy

Health literacy is crucial for everyone because, at some point, we all need to find, understand, and use health information and services. We aim to make health information easy to comprehend and health care systems easier to navigate.

Here are seven steps to better understand your care:

- 1. Don't believe everything online.** Countless websites and influencers share health tips not based on scientific research, some promoting harmful products. Ensure websites are reputable, like the National Institutes of Health or Centers for Disease Control and Prevention - and check if the information is reviewed by experts. Confirm details across multiple sources. Always consult your physician.
- 2. Ask questions.** If you don't understand your doctor, ask questions. There are no dumb questions when it comes to your health. Request that the information be explained again.
- 3. Repeat information in your own words.** Repeating what your doctor says helps clarify any misunderstandings.
- 4. Bring someone to your appointment.** A friend or family member can take notes or join virtually. Patient navigators can also assist in understanding and accessing services.
- 5. Keep a list of questions.** Include terms you don't understand, news research questions, or concerns about side effects. Keep the list on your phone or in a notebook.
- 6. Ask for a translator if needed.** If you don't understand the local language, ask for translation services or bring someone to translate.
- 7. Request additional materials.** Doctors' offices may provide materials to help explain information. People learn differently—ask for information in the form most useful to you.

Expert advice with ProvRN

Providence nurses are ready to listen to your health concern and recommend your best course of action. ProvRN isn't only for when you're ill. We're here to help you and your family on your health and well-being journey. Call with general health questions or to ask about a health story that ran on the evening news. Sometimes, you just need to bounce a health question off someone, and our nurses are here to listen and provide answers. It's free for Providence members. Don't waste precious time and money guessing – call ProvRN 24/7 at **503-574-6520** or **800-700-0481**.



Get your own free health advocate

Providence's Care Management team provides personalized attention to help you navigate the health care system. Get started at ProvidenceHealthPlan.com/members/providence-care-management

Conserve Your Hearing

A sound investment

Taking care of your hearing is an investment in your future

Whether you're at a concert, a construction site, or simply mowing the lawn, always be mindful of your ear health. With proper hearing protection, you can enjoy sounds safely and avoid irreversible damage.

How sound is measured

Noise is measured in units of sound pressure levels called decibels (dB). Decibels are on a scale of intensity – from 0dB to over 180dB. The greater the decibel level, the louder the sound and the higher the sound level, the shorter duration of exposure before hearing damage will occur. Sounds above 85-90dB can cause hearing damage after extended exposure.

Common sounds and their dB levels:

- Whispering: 30 dB
- Refrigerator humming: 40 dB
- Normal conversation: 65 – 80 dB
- Lawnmower: 80 – 100 dB
- Sirens: 110 – 129 dB
- 747 jet engine at takeoff: 140 dB

Tips for protecting your hearing:

- **Limit exposure to loud noises:** Stay away from loud sound sources whenever possible. The further you are from the noise, the less impact it has on your hearing. Avoiding noisy environments altogether may not be possible but aim to limit your time. The longer you're exposed, the higher the risk of damage. Give your ears regular breaks from loud sounds to rest and recover.
- **Wear ear protection:** When you are in a noisy environment such as a construction site, concert, airport, or using loud machinery, wear protective hearing equipment like earplugs, earmuffs or noise-canceling headphones to reduce sound levels.
- **Control the volume:** Be mindful of the volume when using headphones or earbuds. Follow the 60/60 rule—listen at no more than 60% of maximum volume for no more than 60 minutes at a time. Consider purchasing noise-canceling headphones which can help reduce the need to turn up the volume by blocking external noise.
- **Be aware of noise levels:** There are smartphone apps, smart watches, and decibel meters that monitor your sound exposure and alert you when it's too high. Noise above 85dB can be harmful over time.



Looking for care?

[Providence Audiology](#) provides personalized tests and comfortable treatments, offering a comprehensive approach to treatment of audiological diseases and related conditions.



Healthy Sleep

Practice good sleep habits

How much sleep is enough?

As a rule of thumb, according to the National Institutes of Health, it's recommended that adults attain 7-9 hours of sleep per night. Also know that it's not just the amount that matters – your sleep quality is paramount as well. According to the National Sleep Foundation, sleep quality is the measurement of how well you're sleeping – in other words, whether your sleep is restful and restorative. In general, quality sleep is when you fall asleep within 30 minutes or less and typically sleep through the night – or get up no more than once a night. If you do wake up during the night, you fall back asleep within 20 minutes. Most importantly, you wake up rested, restored and energized.

Some habits that can improve your sleep quality:

- Maintain a regular sleep schedule – consistency is key! Go to bed at the same time each night and get up at the same time each morning – even on the weekends.
- Being exposed to light in the morning helps regulate our internal sleep-wake cycle. Aim for 5-15 minutes of sunlight within the first two hours of waking, even when it's overcast.
- Create a restful environment. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature – typically 65 degrees – but varies from person to person.
- Unplug. Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. It's also a good idea to set your devices to "do not disturb."
- Avoid napping less than 8 hours before your bedtime, as it may impact your sleep. So, if you sleep at 10pm, avoid napping after 2pm.
- Avoid large meals, caffeine, and alcohol close to bedtime.
- Be physically active. A regular exercise routine can improve your sleep quality, helping you fall asleep faster and more soundly.

The bottom line

It's unrealistic to expect a perfect night's sleep seven days of the week. If you have trouble sleeping one or two nights during the week, that can be related to the natural ebbs and flows of life. When evaluating your sleep quality, look at your overall sleep health week-to-week, not how you slept this Monday compared to last Monday. If you are doing all the right things but still don't feel rested upon waking, it may be time to talk to your doctor. This can help rule out a sleep disorder like sleep apnea, or another health issue that can interfere with sleep such as acid reflux or high blood pressure.

Take a Free Sleep Assessment

Find out now if you have a sleep condition that needs addressed by taking the [Providence Sleep Assessment](#). You should seek help if you have trouble sleeping or think you may have a sleep problem. Your primary care provider can help you determine if you need to see a sleep specialist or have a sleep study.





Burnout

Extinguishing exhaustion

Differences between stress and burnout

Burnout and stress aren't the same. The key difference between stress and burnout is that stress involves too much: work, caregiving, or demands. On the other hand, burnout involves not enough: energy, appreciation, or hope. Stress occurs when you're facing numerous demands, but you believe they'll eventually ease up or you can handle the situation. Relentless stress can lead to burnout, which feels like emptiness and mental exhaustion, with a lack of motivation and care. People experiencing burnout often see no hope for positive change.

Checklist for change

Try these tips to regain well-being and feel energized, focused, and positive:

- **Pay attention to your life.** Regularly check your physical, emotional, and mental state to prevent depression and illness.
- **Don't isolate yourself.** Social contact eases stress and steadies your nervous system. Connect with family, friends, coworkers, and online communities. Avoid negative people who can drag your mood down.
- **Take a breather.** Begin your day with five to ten deep breaths to settle your nervous system. Repeat this before meetings or helping with homework.
- **Take a break.** Step away from work for a few minutes or days. Go for a drive, a walk, or watch a movie. Use sick or vacation days for self-care or outings with loved ones. Breaks are essential to recharge.
- **Ask for help.** Delegate responsibilities to family or friends so you can take a short break. You can't care for others if you're not caring for yourself.
- **Disconnect from technology.** Set a daily time to step away from your phone, laptop, emails, and social media. Use this time for hobbies and enjoyable, low-demand activities.
- **Get moving - then try resting.** Engage in enjoyable exercise to energize and boost your mood. Also, make time for relaxation with stretching and deep breathing to lower your stress response.
- **Don't be a hero.** Accept that you're not superhuman and let go of perfectionism. Remember, no one is perfect, and there's no superhero cape in anyone's closet.
- **Embrace hope.** Your thoughts significantly impact how you feel. Keep things in perspective; life won't always go your way, but you have the strength to handle whatever happens.
- **There's professional help for burnout.** These tips are helpful, but if you still lack the energy to take the first step, consider meeting with a psychologist or social worker. This professional help may be just what you need to rise from burnout, feeling healthy and whole.



Prioritize your mental well-being

If you or your family are going through a difficult time, Providence can help. Log into your [myProvidence](#) account to access your [behavioral health benefits](#). You can also contact us at 800-878-4445.



Health For All

We believe everyone should have access to quality healthcare. Healthcare is a human right. And we're dedicated to the health and care of every member of the community because everyone's well-being matters.

For questions about your well-being program, contact
WorkplaceWellness@providence.org

ProvidenceHealthPlan.com