



## Reframe your thoughts

### **Self-care for your mind and body can help you cope with stress.**

Stress is how your body and mind react to change. But constant stress can affect your health. Instead of letting stress take over, reframe your thoughts. Don't dwell on everything that could go wrong or what you can't control. Instead, flip your viewpoint. Focus on positive thoughts. Think about how a situation could be good for you.

Let's say you're worried about a new project at work. Pause negative thoughts for a moment. If you can, find a quiet spot to help you think more clearly. Ask yourself, how can I look at this in a different way? Focus on positive thoughts instead of gloomy ones. Tell yourself this is a chance to learn new skills or show off your talent. Positive thoughts are fuel for your mind and body. Reframing your thoughts can help you cope with stress. In time, you'll be more resilient during life's ups and downs.

### **DID YOU KNOW?**

People in Montana  
have the lowest reported  
**STRESS LEVELS**  
of any U.S. state.<sup>1</sup>



<sup>1</sup>The American Institute of Stress. "Stress Research: 2022 Stress Statistics." Available at <https://www.stress.org/stress-research> Accessed Oct. 24, 2023.

# Tips to take better care of your mind and body

Your mind and body are connected. Practice good self-care to cope better with stress.



## Practice gratitude.

Gratitude helps you reframe your thoughts in a positive way. Start a gratitude journal in a notebook or phone app. Jot down whatever you're thankful for, like family, friends or pets.



## Be mindful.

Mindfulness can help you ease stress and wind down at night to sleep. Focus only on the present moment and your surroundings. Take deep, slow breaths.



## Spend time on yourself.

Make space in your schedule for activities you enjoy. Read, paint, play video games or build a bookshelf. Hobbies help you ease stress and feel balanced.



## Eat healthy foods.

Feed your mind with fresh, natural foods. A balanced diet helps you focus and have more energy all day. Eat fruits, veggies, whole grains and lean proteins.



## Get plenty of sleep.

Sleep is when your mind and body recharge. Restful sleep helps you stay healthy and focused during the day. Aim for 7-9 hours of sleep each night.



## Make time to move.

Physical activity boosts your mood and self-esteem. It's healthy for your heart and brain and even helps you sleep better. Mix up your activities so you don't get bored.



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