

QUOTE OF THE MONTH

“For fast-acting relief, try slowing down.”

- LILY TOMLIN



## Embracing Life

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FEATURED ARTICLE

### Find Your Happy Place: How to Outsmart Stress

Discover your power to relax—no matter how busy life gets.

[Learn more on page 2](#)



FEATURED ACTIVITY

### Do Some Yoga Moves: Log 12 Times

Reduce stress, increase flexibility, improve balance, and increase endurance.

[Read more on page 4](#)



FEATURED LIVE WEBINARS

### September Live Webinars

CaféWell coaching webinars offer great ways to stay happy and healthy all month long.

[Learn more on page 5](#)



## FEATURED ARTICLE

# Find Your Happy Place: How to Outsmart Stress

If you're all too familiar with the physical sensation of being stressed, it may be time to make some changes. "When you're frantic, your muscles tighten and your heart speeds up," says Fred Luskin, Ph.D., author of *Stress Free for Good*. Over time, this can take a toll on your body, leading to ailments such as stress-induced fatigue and headaches. Fortunately, you can take steps to outsmart stress. Here are a few ways that research suggests can help you keep calm and carry on.

**Work up a sweat.** When we're stressed, the part of our brain that registers fear—the amygdala—lights up like a fireworks display. In response, our fight-or-flight response is triggered. That reaction serves us well when we need a shot of adrenaline to get us to safety, but it's less helpful when we're stressed about being stuck in traffic. One

solution? Stick to your sweat sessions. Regular exercise can provide a satisfying release for frustration and other negative feelings. It may put a damper on stress hormones such as cortisol and adrenaline. And it can trigger your body to release endorphins, which are feel-good chemicals that can help boost your mood. "Research shows that any form of physical activity will do the trick," says Jessica Matthews, M.S., adjunct professor of kinesiology at Point Loma Nazarene University in San Diego, CA.

**Be decisive.** Yoga or spinning? Sandwich or salad? Break up or stay together? We face dozens of choices every day—some big, some small—and each of them taps into our mental capacity and requires us to make a decision. And, it turns out, being good at making decisions may be good for

your health. Research shows that decisive people may have lower levels of the stress hormone cortisol than poor decision-makers. Want to be more resolute? Simplify your decisions by focusing on facts so you understand what's really at stake suggests San Francisco psychologist Jim Taylor, Ph.D. Looking for information about a situation can help you make more reasoned judgments, and can help you feel more confident about them.

**Reframe problems as opportunities.** Your BFF cancels dinner at the last minute—again—and you assure her it's OK, while fuming inside. After all, why risk ruining your friendship with an uncomfortable confrontation? Here's why: bottling up your feelings breeds anxiety. Instead, use a strategy called "reappraisal" to reframe upsetting situations.

The next time you're sweating something, pause to examine your situation more closely. Ask yourself: What are the positives? How can I look at this as a stimulating challenge rather than a problem? Maybe calling out your friend for being flaky will allow you to clear the air, prompt her to be more considerate and ultimately bring the two of you closer. Maybe a

tough work assignment will help you learn and add to your resume. Changing the way you look at a situation can help you respond in a less stressful way.

**See every glass as at least half full.** Nobody wants to be a Debbie Downer, but there's more at stake than likability. "Pessimists are more apt to get illnesses like colds and the flu, and they have a longer recovery rate than optimists," says Bob Murray, Ph.D., co-author of *Creating Optimism*. Are you a pessimist? You may have a genetic predisposition to a negative outlook, but chances are you can change your outlook through your experiences. The best strategy is to deliberately avoid other pessimists and surround yourself with optimists whose positive vibes are infectious. It's also important to feel as if you have a purpose every day—whether that comes from your work, family and friends, or an activity like running races to raise money for charity. Having something that you're passionate about, and achieving goals related to it, can help many people have a more optimistic outlook. [🔗](#)

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#### FEATURED ACTIVITY

## Do Some Yoga Moves: Log 12 Times this Month


Yoga has been practiced for thousands of years to reduce stress, increase flexibility, improve balance, and increase endurance. Add a few yoga poses to your daily routine to reap the benefits.

Try to dedicate a few minutes each day to learning and trying a different yoga pose. If you don't have time to get to a class, there are a wide variety of short videos available online that can help you get started. Over time, you will have several yoga poses that you can integrate into a daily practice. Enjoy!

To successfully complete this challenge, log 12 times that you practiced yoga poses. 🔄



#### FEATURED LIVE WEBINARS

Take advantage of the great webinars that CaféWell coaches are presenting this month. Coach Lauren will teach you about talking with a therapist, Coach Doris will help you understand Parkinson's Disease, and Coach Jake will motivate you with his "September Squat Challenge." These are just a few of the topics you can sample to learn about the health issues that are important to you. 

Reserve your space now at [www.magellanhealth.com/member](http://www.magellanhealth.com/member).

**CaféWell coaching webinars offer some great ways to stay happy and healthy all month long.**

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- Desk Yoga
- Foods to Detox Your Body
- Best Exercises for Lower Abs