

STEP TOWARDS A HEALTHY SPRING



Wednesday, April 1st the American Heart Association celebrates NATIONAL WALKING DAY. Begin the month by taking steps towards a healthy spring. Enjoy a 20 - 30 minute walk with a co-worker or family member.

The month of April is NATIONAL ALCOHOL AWARENESS MONTH and STRESS AWARENESS MONTH. Here are some resources for these topics:

“Stress” is a popular word in our society. But, what actually is stress, and how can it be managed? Take this quick quiz on the BCBS website for awareness of some stress symptoms & causes; as well as strategies to help:

["What Do You Know About Stress?"](#)

Are you looking for a way to effectively cope with stressors in your life? Mindfulness, the ability to bring full awareness to the present moment, is an effective technique to try.

Click here to watch a quick introductory video on the Harvard Pilgrim website:

[Mindfulness: What Is It?](#)

Is there someone in your life who needs help with alcohol abuse? Would you like to help reduce the health effects and emotional implications that can occur with alcohol abuse?

Click here to read:

[Alcohol Problems: Helping Someone Get Treatment](#) on Fallon’s website.

Alcohol and substance abuse can result in serious problems in your life, and can effect your physical, mental and emotional well-being.

To learn about the effects, signs and resources, visit Tufts website, **www.tuftshealthplan.com**.

In the search engine, put “**[Alcohol and Substance Abuse Brochure](#)”, and then click on the Alcohol and Substance Abuse link.**
