

# Healthy Habits

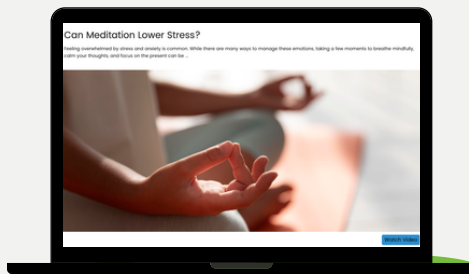


## 5 TIPS FOR TACKLING CHRONIC STRESS

When a big deadline approaches or your day goes awry, you may experience acute stress, a short-term response that can feel overwhelming but usually passes quickly. Some stress from time to time is unavoidable, but ongoing stress, also known as ‘chronic stress’, can take a serious toll on mental and physical health if left unaddressed.

Without healthy coping habits, chronic stress can leave you feeling fatigued, unable to focus, sick to your stomach, and may even affect cardiac health. In addition to striving for a well-balanced diet and regular exercise, there are [strategies](#) that can help keep stress at bay during Stress Awareness Month and beyond:

- 1. Eliminate Stressors You Can Control:** Stress depends on both the situation and how you perceive it. While you can't avoid every stressor, you can reduce them by setting boundaries, adjusting responsibilities, shifting expectations, and asking for help when needed!
- 2. Practice Relaxation Techniques:** Mindfulness, deep breathing, and meditation can calm your nervous system and help you stay present. Since stress also causes muscle tension, try stretching, getting a massage, or taking a warm bath to relax your body.
- 3. Build a Support System:** Strong social connections boost resilience! Rely on friends and family who listen, empathize, and offer practical help to make challenging times more manageable.



[Mayo Clinic experts discuss why meditation may help reduce stress, anxiety, and even sleep deprivation.](#)

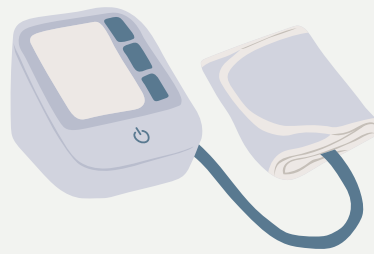
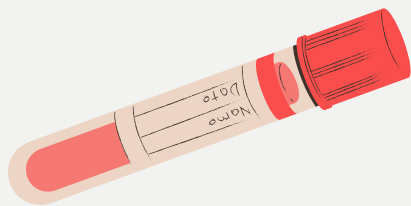
**4. Reframe Your Thinking:** Recognizing that your thoughts influence your emotions, and your emotions in turn shape your behavior, is crucial to reframing your way of thinking. If you tend to imagine worst-case scenarios, focus on what you can control.

**5. Talk to a Professional:** If you find yourself stuck in stress, consider talking with a mental health professional. There is strength in seeking support!

If you completed a screening with Empower Health Services, explore additional health and wellness resources on [empower.health!](#)

Simply scan the QR code and click the download icon to install the app on your mobile device.





## THE POWER OF EARLY DETECTION

Even if you aren't experiencing any symptoms, staying up-to-date on routine cancer screenings is one of the best ways to care for your health. When detected early, many cancers can be treated much more effectively and may result in better outcomes and a brighter future!

Despite the proven power of early detection, a 2025 study by the [Prevent Cancer Foundation](#) found that only 51% of U.S. adults completed a routine medical appointment or screening that year. Many skip this important step because they feel healthy, while others may believe they're in the clear if their family doesn't have a history of disease. When people understand the benefits of early detection, 73% are more likely to schedule their screenings.

Participating in a workplace wellness screening is just one proactive step to stay on track. However, your doctor may [recommend additional testing](#) based on your age, health history, and risk factors too. Routinely monitoring your health over time is key, so setting calendar [reminders](#) for your next appointment(s) can make it easier to keep up with care.

When it comes to [prevention](#), knowledge is power. During Cancer Prevention and Early Detection Month, take a moment to plan your next appointment and invest in a healthier future!

## APRIL RECIPES



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ROASTED RED PEPPERS

[GET RECIPE](#)



SNAPPER WITH  
KALE-ORANGE SALAD

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