

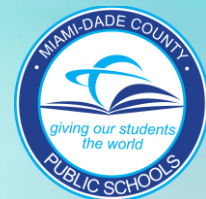
Understanding Stress

Well Way

Jennifer Santiesteban- MDCPS Wellness Supervisor

Jacie Robles – Cigna On-site Health Coach

Located- Risk and Benefits Office Rm 335



Well Way

- Your Employee Wellness Team
- Challenges
- School Health Fair
- Mental Health Resources
- Vaccines
- More



Are You Feeling Stressed?

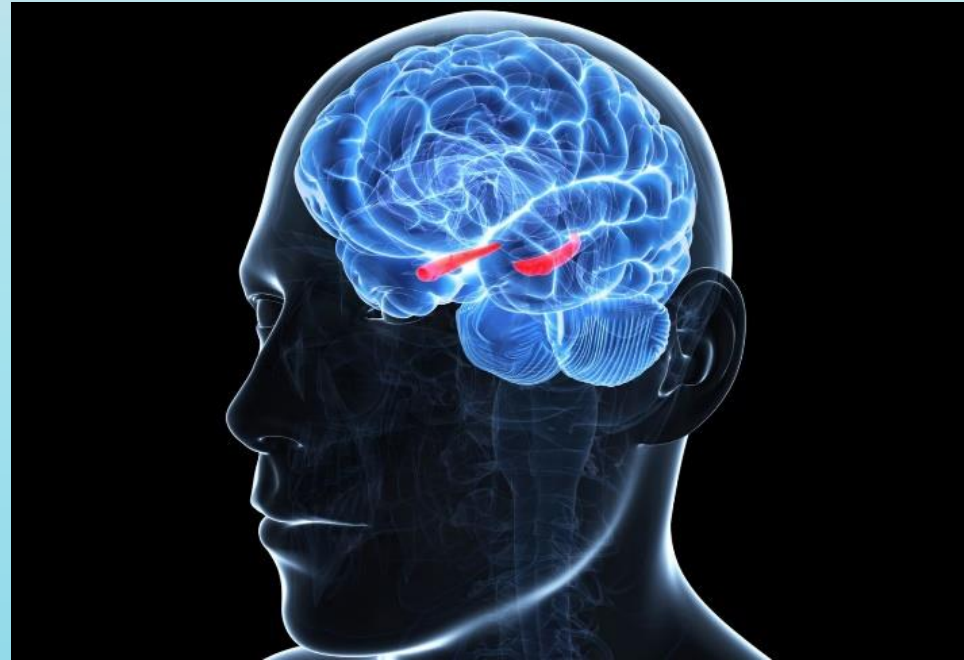
What is Stress?

- Stress is the body's reaction to any change that requires adjustment or response. It can be triggered by both positive and negative experiences.



How Does Stress Cause You To Experience False Emotions?

- Stress can cause physical symptoms (like headaches or fatigue) and emotional responses (like anxiety or irritability) that may not reflect the actual situation, leading to misinterpretations of feelings.



Increased Levels of Stress Can Cause the Following:

- Anxiety
- Tiredness
- Change in Appetite
- Upset Stomach
- Shortness of Breath
- High Blood Pressure
- Irritability
- Stiffness (in neck or jaw)
- Acne
- Chronic Pain
- Difficulty Concentrating
- Insomnia



Foods that Decrease Stress



- Cacao
- Berries
- Nuts
- Leafy Greens
- Oats
- Fatty Fish
 - Salmon or Mackerel
- Herbal Tea
 - Chamomile
 - Green Tea

Have You Ever Sat to Watch a Show and Finished a Bag of Chips or Cookies?



Mindfulness

What is Mindfulness?

- Mindfulness is the practice of being present and fully engaged in the moment.



Benefits of Mindfulness

- Reduces stress and anxiety.
- Enhances emotional regulation and resilience.

Alternative Options for Healthy Snacks

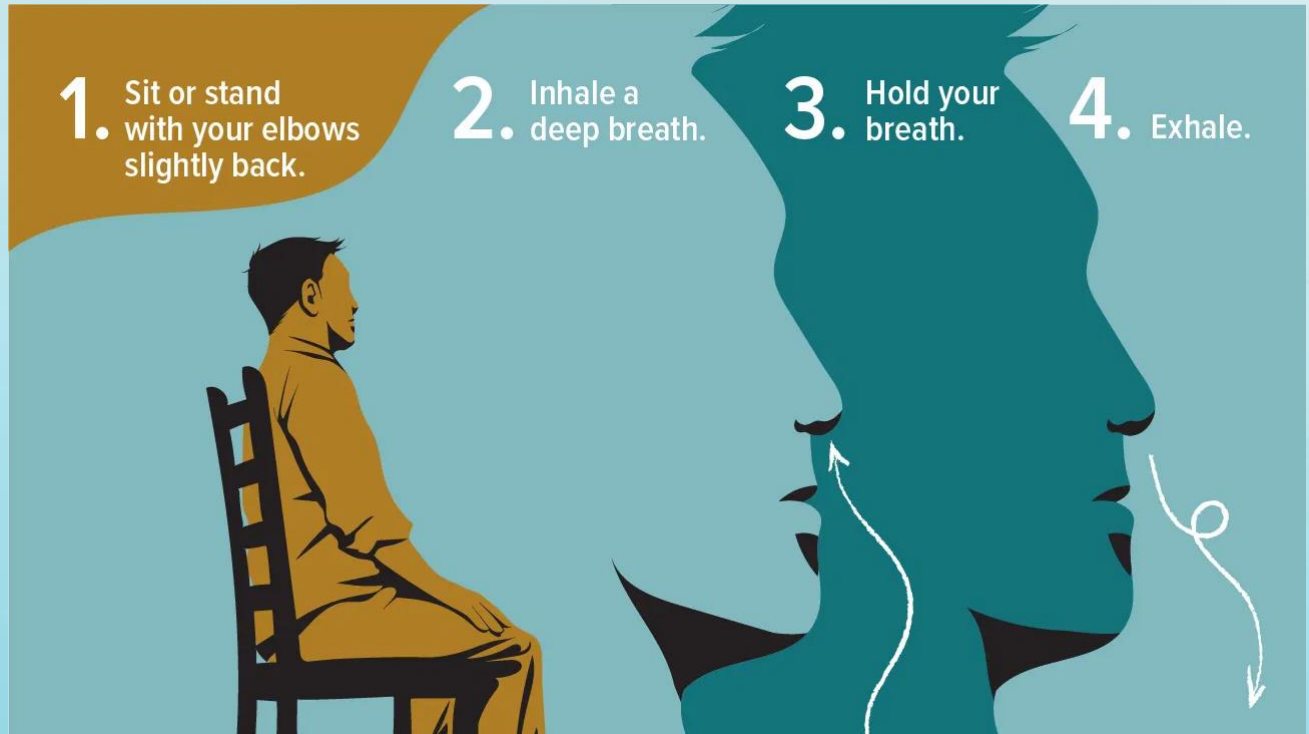
- 100 calorie popcorn
- Nuts/Seeds
- Portion chips
- Protein bars
- Fresh fruit with Cottage Cheese
- Veggie sticks with Hummus
- Making a Greek Yogurt dip – Example Tzatziki sauce/ Onion Dip
- Pork Rion's
- Baked Plantain Chips
- Dehydrated Fruit

Tips to Manage Stress

1. Breathing Exercises
2. Physical Activity
3. Schedule Regular self-care into your routine to unwind and relax
4. Set reminders to take breaks
5. Schedule an appointment with a health coach or therapist

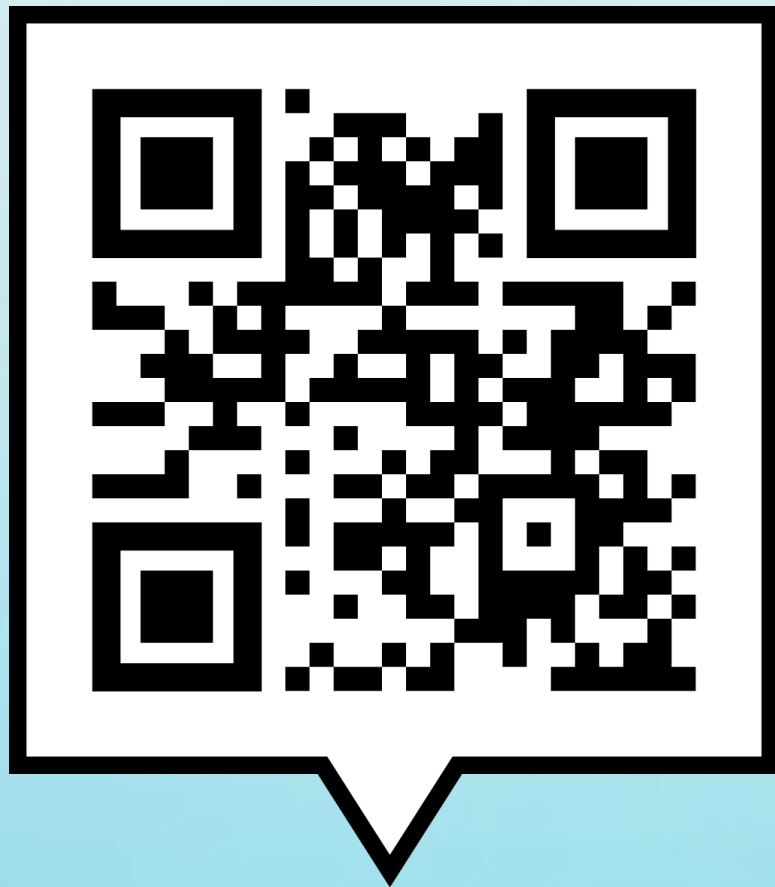
MDCPSOnsiteHealthCoaches@Cigna.com

305-995-2265



Quick Break

[5 Minute Breathing Exercise](#)



SCAN ME

Mental Health
Benefits

Behavioral Health

Cigna SureFit South Florida
In Network Only

Coverage Effective Date: MM/DD/CCYY
Administered by Cigna Health and Life Insurance Co.

Group: 3332199

Issuer (80840)

ID: **U23456789 01**

Name: **Johnathan A Samplename long III**

PCP: James Smith

PCP Phone: 860-555-1212

M-DCPS

RxBIN 017010 RxPCN 0215COMM
RxGroup 3332199

Cigna SureFit

PCP Visit	\$20
Specialist	\$50
Conv Care	\$10
Hospital ER	\$300
ER-JMH	\$150
Urgent Care	\$40
Rx	\$15/\$40/\$125
Behavioral Health OV:	\$0
Coinsurance: In	70%/50%

INN DED Ind/Fam	\$150/\$250
INN OOP Ind/Fam	\$1500/\$3000

NMCGWEDG

WWW.CIGNA.COM

You may be asked to present this card when you receive care. The card does not guarantee coverage. You must comply with all terms and conditions of the plan. Willful misuse of this card is considered fraud.

INPATIENT ADMISSION AND OUTPATIENT PROCEDURES:

Your Network provider must call the toll-free number listed below to pre-certify the above services. Refer to your plan documents for your pre-certification requirements. Failure to do so may affect benefits. In an emergency, seek care immediately, then call your primary care doctor as soon as possible for further assistance and directions on follow-up care within 72 hours.

Cigna Behavioral - (800) 806-3052, Option#3

Send claims to:

In-Network: TPV Name, PO Box 1, Anytown, CT 12345
All Other: P.O. Box 182223, Chattanooga, TN, 37422-7223

Customer Service: 1-800-806-3052



Get help 24/7/365 by calling Cigna at 1-800-274-7603
Or Employee Assistance Program at 305-995-7111

- In 2020, as a response to the Covid-19 pandemic's effects on the mental health of M-DCPS employees, Well Way, District's Employee Wellness Program launched the District's first website dedicated solely to employee mental health.
- The website combines resources, **free of charge**, for employees who are enrolled and not enrolled in the Cigna plans offered by the School Board as well as the district's EAP program.

Cigna

Mental Health Tool Kit
(offered to Cigna enrollees)

- **ZERO** copay for office visits
- **ZERO** copay for telehealth
- **ZERO** copay for virtual care
- Note: this offering has saved over \$500K