

## Don't Stress the Stress

### Did You Know?

Everyone experiences feelings of sadness from time to time. However, when a sad mood lasts for two weeks or more, it may be clinical depression, a persistent and disabling illness that affects millions of Americans. Symptoms of clinical depression include:

- Sad moods
- Loss of pleasure or interest in activities you once enjoyed
- Feelings of helplessness or hopelessness
- Oversleeping or difficulty sleeping
- Difficulty concentrating
- Thoughts of death or suicide

Depression can often be treated successfully with a combination of antidepressant drugs and counseling. So, if you think you may be suffering from depression, see your doctor today.



Okay, so maybe we will never be able to completely eliminate stress from our lives, but there are ways we can minimize it and make it less – well, less stressful. One way is to manage your time better so you're not overwhelmed, running late, or catching up. The following are four ways you can better manage your time and eliminate stress from your day:

### *Make a time diary*

It's difficult to make intelligent decisions about using your time more effectively if you don't know what you're doing with your time now.

### *Learn to say "no"*

Once you've blocked time for important, but often not scheduled activities, sign on for only those things that are important to you, or your family, friends and health. Once you know exactly what you have time to do, turning down things that don't fit into your priorities is easier.

### *Create a time-based, to-do list*

Lists are always helpful, and adding how much time each task should take helps prioritize how you go about the tasks. When you prioritize tasks you

naturally focus on those that you can do immediately.

### *Don't be a perfectionist*

Set rational goals. It's fine to strive to be your best, but it's counterproductive to try to be the very best. Setting unattainable expectations of yourself just adds stress to your life.

Source: WebMD®



### Did You Know?

Now CIGNA HealthCare members have even more great choices in their provider network – through CIGNA Convenience Care Clinics located throughout the country. Located in retail stores, with hours that fit into your busy schedule – clinics are generally open seven days a week, with evening hours on weekdays. And the professional care delivered by the clinic health teams is covered by CIGNA HealthCare just like any other service you receive from a CIGNA health care provider. For more information or to see if there's a Convenience Care Clinic near you, visit the CIGNA Provider Directory on myCIGNA.com or call the toll-free number on your CIGNA HealthCare ID card.

## Can You Recognize an Alcohol Problem?

Like cancer or heart disease, alcoholism is a chronic disease with its own symptoms and causes. The disease is progressive and can be fatal if not treated. In fact, the Centers for Disease Control and Prevention lists alcohol abuse as the third leading preventable cause of death in the United States.

According to the National Council on Alcoholism and Drug Dependence (NCADD), you may have an alcohol problem if:

- You have experienced problems on the job, with the law or with your family because of your drinking.
- You look forward to a set time in the day when you can start drinking.
- You worry that alcohol won't be available when you want it.
- You periodically try to slow down or stop drinking.

- You sometimes have a drink in the morning to steady your nerves or get rid of a hangover.
- You experience symptoms of withdrawal (such as nausea, sweating, shakiness and anxiety) if you quit drinking.
- Friends, family members and/or others have talked to you about your drinking.

If you think you may have an alcohol problem, get help and support. Turn to resources such as your Primary Care Physician, Employee Assistance Program or local chapter of Alcoholics Anonymous. You can also contact the NCADD toll-free at 800.NCA.CALL (800.622.2255) or visit the organization's Web site at [www.ncadd.org](http://www.ncadd.org).

Source: CIGNA HealthCare Well-Being



### Did You Know?

If you're trying to better manage your time and stress, the next time you need to see your doctor, visit [cigna.com](http://cigna.com) to consult our appointment availability guidelines. These guidelines can help you learn how long you can expect to wait for an appointment, depending on the type of care you need.

## Help is a Phone Call Away

You can't always predict when you're going to need help with your health. It could come in the middle of the night or while your away on vacation. And you can't always know what you need. It could be a trip to the emergency room or just some helpful advice. But there's one thing you can be sure of – the CIGNA 24-Hour Health Information Line<sup>SM</sup> will be there when you need it.

As a CIGNA HealthCare member, you can rely on the CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> for assistance and peace of mind day or night, home or away. Just call 1.800.CIGNA24 and speak one-on-one with a registered nurse for personal attention and information. Or choose to listen to your choice of hundreds of helpful health and fitness topics in our audio library. One toll-free number is all you need.

Remember the CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> when you have health questions, whatever the topic. Getting the help you need is only a phone call away!

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