

FEP FOR YOU



National Stress Awareness Month

This National Stress Awareness Month, we're here to recognize stress and ways to help prevent it. Stress management is a crucial part of maintaining good overall health.

Feeling anxious, worried or irritable can be a natural reaction when your time and resources are being stretched too thin. Finding a healthy balance takes practice but it goes a long way to help reduce stress.



Track your time

Write down the things you want to be spending your time on. What needs to be done? What are you actually doing?

Review your list to see where to make adjustments.



Be more proactive in your down time

Try a healthy activity like yoga or breathing exercises. A simple walk around the block is another way to reduce stress.



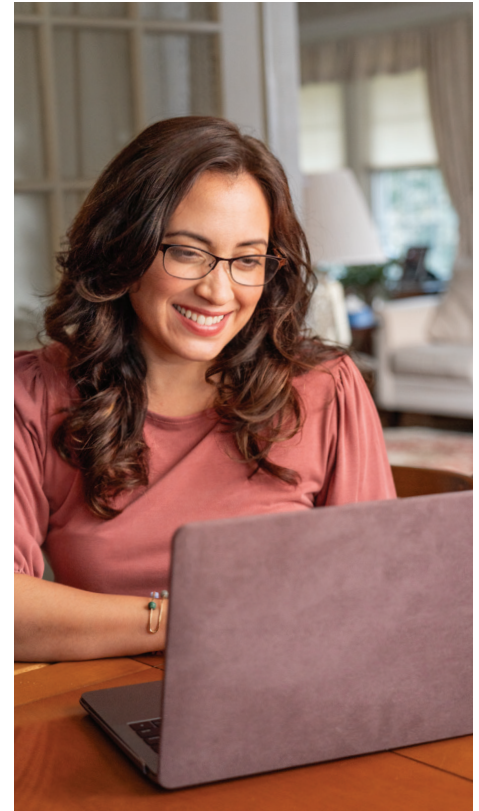
Schedule your personal time

Making plans for the other hours in your day can help you feel more motivated.



Reflect on the ups and the downs

Take a moment to think about your goals and how your time is spent. Some days you may lose track of your priorities, but that's okay! Being aware of your goals and keeping perspective can help you adjust.



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Quick tips for allergy season

Those with allergies can have a hard time during the spring. Here are some tips to help you embrace the warmer days.



First, consult your doctor

An allergy specialist can help determine the cause of your allergies. Using a series of shots (called immunotherapy), the allergist can figure out what triggers symptoms and build up your tolerance to them.

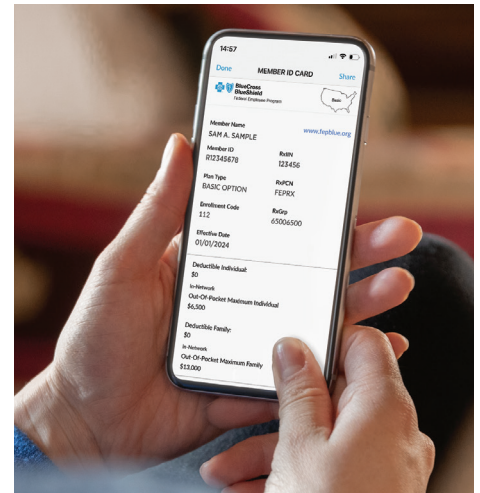
Ask your doctor to see if this type of treatment is right for you.



Get advice, go outside!

An over-the-counter allergy treatment should help you manage your symptoms. You can also ask your doctor about prescription eye drops or nasal sprays.

Wearing glasses and a hat can help stave off allergen exposure.



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Spring into peak freshness

Unscramble the words below to reveal what's fresh in April!

SPRAAUGAS
KBO HCYO

TAROCRS
BACGEAB

HCKOESRATI
AUCRLIOWEFL

KSELE
DRACH

AEPS
EETSB

Answers: Asparagus, carrots, artichokes, leeks, bok choy, cabbage, cauliflower, chard, bees



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