

# Better You Stress Less and Thrive

## Lifestyle Improvement Program

~~\$45 per participant fee~~ FREE for a limited time

Stress Less and Thrive is a 5-week interactive and engaging workshop series for stress management. You will discover how stress is impacting your daily life, learn effective stress reducing techniques and practice relaxation strategies that can be immediately implemented.

You will strengthen your resilience, improve life balance and be inspired to have a more positive outlook on life through gratitude, kindness and humor. A commitment to small weekly goals is required and provides a continuous opportunity to create new habits for stressing less and thriving in everyday life.

This program is delivered by dynamic certified facilitators and includes workshop materials and online support. After completing the workshop, Florida Blue members can continue receiving health coaching through our Better You Next Steps program.

Better You Stress Less and Thrive is now being offered FREE for a limited time - a \$45 value! Take advantage of this opportunity and sign up today to discover why other Florida Blue members just like you love this program.

### Session 1: Stress Less and Thrive

- Stress and your body
- Coping skills and habits
- Random acts of kindness

### Session 2: Doing What Matters Most

- Bring life into balance
- Interrupt your sitting
- Developing an attitude of gratitude

### Session 3: Finding Time

- Time log
- Plan your day
- Laugh and play

### Session 4: Rethink That Thought

- What are you thinking?
- Switching off
- A mindful experience

### Session 5: Make It A Habit

- Nourish, move and rest
- Focused visualization
- Action plan for success

