Tools to Cope Better with Stress and Anxiety

Recognizing the signs of stress and finding positive coping mechanisms is the key to self-care.

Feeling anxious?

Shift your focus to the present moment. Sit quietly, look around and notice:

5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell  
1 thing you can taste

Interested in learning more tips? Click the link below to access an amazing stress and anxiety reduction toolkit from the Mayo Clinic.

Caffeine Withdrawal? Decaf Can Help!

According to research, about 75% of Americans drink coffee every day and half of the surveyed adults drink three or five cups a day. Unfortunately, more than that may have negative side effects on your health. If you’d like to reduce your coffee intake, you may experience caffeine withdrawal symptoms, making it more challenging to cut back. Common symptoms include headache, fatigue, and irritability. Fortunately, drinking a cup of high-quality decaffeinated coffee temporarily reduces withdrawal symptoms. Click the link below to learn more!

Check in with Your Family and Friends - May is Mental Health Month

This month, it’s an extra good time to review the telltale signs and symptoms of mental illness so you can recognize when friends, family members, and your children may need help. There’s a good chance you or someone you know may be struggling — 1 in 5 adults and 1 in 6 youths age 4-17 experience mental illness each year. Medica has a variety of excellent tools to support the mental well-being of its members through all seasons of life. Click the link below to learn more and to access the resources.

Want to inspire employee engagement? Start with employee appreciation.

Send a FREE appreciation card the coworkers helping you thrive.

Get a work battle-keeping you down? A manager who’s more like a mentor? A direct report who’s going above and beyond? Let them know you appreciate them! Choose from nine designs and customize your appreciation card with a personal message. We’ll take care of the rest.

Food Rooted In A Better Mood

When you Have A Plant® every day it can not only improves your physical health but it can also boost your mood! There can be immense joy in the sweet-tasting experience of eating fruits, and a feeling of smart satisfaction when successfully preparing vegetables. There is also scientific evidence that shows higher intake of fruits and vegetables is associated with a reduced risk of depression and cognitive impairment. Fruits and veggies truly are Food Rooted In A Better Mood.

In this toolkit, you will find research tidbits, expert quotes, social media posts, in-store activation ideas for those working in retail, as well as culinary tips to help consumers eat and enjoy more fruits and vegetables every day for better health AND happiness.
Food Swaps

The foods you eat are an essential component of a healthy lifestyle. Fortunately, eating healthy doesn’t have to be complicated or tasteless or all or nothing. You can eat the foods and meals you enjoy with some minor changes. You can also create quick delicious meals that fit your lifestyle.

When it comes to healthy eating, the everyday choices you make often have the biggest impact on your health. Making small changes in the foods you select or ingredients you use when cooking can move you toward your health goals and help you reduce your daily calories. These simple food swaps become even easier to make once you get used to them.

Just a few food swaps in your daily choices may help you lower your risk of diabetes, obesity, and heart disease.

Swapping Ideas