



Chill out

Feel your best, without stress

Don't let it get the best of you

If you've ever felt stressed, then you know what it's like. It happens in moments where you're handling a lot. And although some stress is normal, having too much can hurt your health. That's why it's vital to keep it in check.

What happens when you're stressed?

Your body goes into fight-or-flight mode. Your heart races, your breath quickens and your energy is at a high level. These feelings can cause physical problems like headache, stomachache, back pain or a weakened immune system.

The good news? You can learn to manage your stress to keep your health protected.

Tips to ease stress

The best way to manage your stress is to learn healthy coping techniques. But not everyone will use the same ones. Find what works best for you. For more information visit [AetnaInternational.com/apac](https://www.AetnaInternational.com/apac)



Work it out

Take a walk. Regular exercise is one of the best ways to manage stress.



Let it out

Talk, laugh, cry — express your feelings. Do it with someone you trust, if you need to.



Do something you love

What makes you happy? A hobby can bring joy and help you relax. Volunteering can be a great stress reliever, too.



Write it down

Keep a journal. It can help to write about the things that are bothering you.



Relax your body

Ease off. Try aromatherapy, yoga, breathing exercises and muscle relaxation exercises like tai chi or qigong.



Focus on the present

Meditate or listen to music. Try to look for the humor in life. Laughter really can be the best medicine.

Aetna® is a trademark of Aetna Inc. and is protected throughout the world by trademark registrations and treaties.

Aetna does not provide care or guarantee access to health services. Not all health services are covered. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change. For more information, refer to www.AetnaInternational.com