“It was great to talk with you.

Thank you for your interest in ‘R-E-L-A-X on Your Way to Better Health.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I’m ready to help in any way I can.”

One word can help you remember how to keep stress from harming your health. That word is R-E-L-A-X.

- **Reflection:** Enjoy taking part in spiritual or religious activities. Take time to reflect on what adds meaning, purpose, and joy to your life.
- **Expectations:** Be positive. See the glass as “half full” rather than “half empty.”
- **Laughter:** Keep a good sense of humor. Be able to laugh at some of things you see, hear, say, and do.
- **Acquaintances:** Spend time with people you enjoy.
- **eXercise:** Be physically active. For example, walk as often as you can.

**Take Action**

Write down two or more changes you would be willing to make to help you R-E-L-A-X:

- **Reflection:**

- **Expectations:**

- **Laughter:**

- **Acquaintances:**

- **eXercise:**

Don’t delay — you can begin to enjoy the benefits of R-E-L-A-X-ing today!