

# Managing Your Stress



## What is Stress?

Everyone experiences stress. There are many causes of stress, including work, family issues, money problems, chronic illness, pain or a disability.

If you are experiencing too much stress, you may develop health and behavioral issues, such as headaches and other physical pain, drastic weight changes, alcohol or drug abuse, moodiness, or anxiety and panic attacks.



## Tips for Managing Stress

The first step in managing stress is recognizing the causes and symptoms. Here are some helpful tips to manage your stress:

- ✓ Talk to your doctor
- ✓ Count to 10 before you speak or react
- ✓ Avoid drugs and alcohol
- ✓ Exercise or do something active
- ✓ Practice deep breathing or meditation
- ✓ Share your feelings with someone you trust<sup>1</sup>
- ✓ Seek counseling (see back)

## When Stress Leads to Depression

Long-term stress can lead to depression, which is a mood disorder that affects how you feel, think and handle daily activities. Help is available.

**The first step in getting the right treatment is visiting your doctor. The sooner you seek treatment, the better the results.**

Your doctor will talk with you about your symptoms and tell you if they are consistent with excessive stress, depression or some other condition. Once a diagnosis of depression is made, you and your doctor can discuss treatment options, including medications and psychotherapy.<sup>2</sup>

## If you or someone you know is in crisis, get help immediately.

- Call 911.
- Go to the nearest emergency room.
- Call the 24-hour National Suicide Prevention Lifeline at 1-800-273-8255 (TTY 1-800-799-4889).

### Sources:

1. American Heart Association, "3 Tips to Manage Stress," American Heart Association, last modified June 7, 2017, <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>.
2. National Institute of Mental Health, "Depression Basics," last modified 2016, <https://www.nimh.nih.gov/health/publications/depression/index.shtml>.

## Help is Available

Behavioral health services are available to you.

### Health Partners (Medicaid) Members

#### Philadelphia County

Community Behavioral Health  
1-888-545-2600

#### Bucks County

Magellan  
1-877-769-9784

#### Chester County

Community Care Behavioral Health  
1-866-622-4228

#### Delaware County

Magellan  
1-888-207-2911

#### Montgomery County

Magellan  
1-877-769-9782

### Health Partners Medicare Members

Magellan  
1-800-424-3705

### KidzPartners (CHIP) Members

Magellan  
1-800-424-3702

Member Relations is available to help you 24 hours a day, seven days a week at **1-888-477-9800** (TTY/PA RELAY 711).

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**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/PA RELAY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

**注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。



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