

# Resources for Managing Stress

## Physical Activity and Healthy Eating Tools and Resources:

**Move Your Way Activity Planner:** Use this planner to set goals, choose activities and get tips to help you stay motivated. When you're done, print your plan to track activity throughout the week.

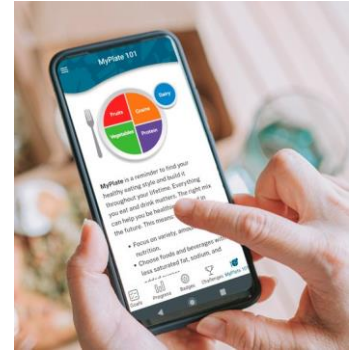
<https://health.gov/moveyourway/activity-planner>

**MyPlate Plan:** The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight and physical activity level.

<https://www.myplate.gov/myplate-plan>

**Start Simple with MyPlate App:** Build healthy eating habits one goal at a time! Use the Start Simple with MyPlate mobile app to pick daily food goals, see real-time progress and earn fun badges along the way.

<https://www.myplate.gov/resources/tools/startsimple-myplate-app>



## State Health Plan Resources:

Through the **Partners for Health Wellness Program**, health plan members can access services like coaching support. Get one-on-one personal coaching by phone, group coaching and online coaching to help you reach your goals.

On the **Working for a Healthier Tennessee** website, you can find resources, success stories, wellness events schedule, recipes and so much more!

**Here4TN** is our Emotional Wellbeing Solutions available to all benefits-eligible state employees and their eligible dependents, even if they are not enrolled in a health plan. Members get five EWS counseling visits, per problem, per year, per individual at no cost. Available in person or by virtual visit.

- **Virtual visits:** Connect online with the right care for you, right at home.
- **Talkspace therapy:** Connect virtually with a licensed therapist.

- **Self Care by AbleTo** offers on-demand help for reducing worry, stress and improving mood. Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere.
- A telephonic coaching program, **Take Charge at Work**, helps members who are 18 or older (EWS-eligible and working part or full time) deal with stress and depression. Available at no additional cost if you qualify.
- **Financial resources:** Get an online financial stress assessment; self-directed online learning; 25% discount for preparation of all personal income tax documents plus two calls with a money coach. All 100% confidential.
- **Legal resources:** Free and discounted confidential access to local attorneys and professional mediation. Get one 60-minute phone or in-person consultation with an attorney or mediator at no cost, plus ongoing representation by an attorney at a 25% discounted rate.

## Tobacco Cessation

- The state's prescription drug coverage provides **free tobacco quit aids** to members who want to stop using tobacco products.
- State employees on the health plan can also access telephonic coaching for tobacco cessation from Sharecare. To enroll, call Sharecare at 888-741-3390. You can go to <https://www.sharecare.com/tnwellness> for more information.
- Find additional resources at [tn.gov/wfhtn](https://tn.gov/wfhtn).

## Additional Resources:

- **Calm:** Provides guided sessions ranging from 3-25 minutes.
- **Happify:** Aims to improve overall well-being and happiness by encouraging users to spend a few minutes every day completing activities based on positive psychology, cognitive behavioral therapy and mindfulness.
- **Headspace:** Meditations to help with concentration, mood, stress and anxiety and more. Users can complete a 10-session free trial.
- **Insight Timer:** More than 30,000 pre-recorded guided meditation sessions

