



HealthAdvocate™
member
newsletter

Don't Suffer from Spring Allergies—Take Action!

The welcoming warmth of spring is easily blunted by rampant pollination, triggering the explosive sneezing, sniffles, stuffy sinuses, foggy brain, and general wretchedness of springtime allergies. And if you're into spring cleaning-and kicking up dust, pet dander, mold and other allergens-your misery can be multiplied! Read on for tips to limit your allergen exposure so you can truly enjoy this lovely season.

[Find out more >>](#)





Manage Stress Through Resilience

How do you respond to stress, change or obstacles in your life? Do you rise to challenges or give in to them? Resilient people see life's stressors and challenges as opportunities to grow rather than threats to their well-being. Resilience is a personal strength that allows you to handle setbacks, manage stress, overcome adversity, adapt to change and maintain a "never give up" attitude. It's an inner strength that helps you deal with life while staying centered and balanced. Some people are lucky to be resilient by nature, but most people have to work at it! Try some or all of these tips to help you improve your resilience.

[Learn how >>](#)



Reduce Your Emotional Clutter

Much like having a house cluttered with items you don't really need, it's easy for your emotions to get fouled up from random worries, mounds of irrelevant information, and unrealistic expectations placed on yourself. Read on for tips to help tame your emotional clutter, clearing a path to feeling more clear-headed, productive and in control of your life.

[Read now >>](#)



Stress Awareness Month

Read: Learn how everyday stress and stress from traumatic events can affect you, and get ways to reduce symptoms from the Centers for Disease Control and Prevention.

[Click here >>](#)



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