



## Did You Know?

When you feel overwhelmed or can't handle a situation, your body might respond in a bad way. The so-called "fight or flight" response kicks in, and that creates stress.

# Work Hard, Play Harder

Experiencing short periods of stress is just fine, in fact, it's even healthy. Living a stress-free life is unhealthy and dangerous because we need a little bit of change to keep us alive. But too much stress isn't good for you. However, there are a whole range of relaxation practices that can help you power down and de-stress, ranging from breathing exercises, to meditation, to guided imagery, to yoga and exercise. You just have to find the ones best for you.

## April is National Alcohol Awareness Month

### Overcome Stress One Breath at a Time: 5 Steps to Deep Breathing

1. Relax your body. Find somewhere to sit or lie down comfortably.
2. Close your eyes and inhale slowly through your nose. Feel your breath as it flows down and causes your belly to expand.
3. At the end of your inhale, pause for a few seconds, then exhale fully through your mouth.
4. It's all about focus. Pay close attention to your breath as it goes in and out of your body.
5. Your attention will wander, that's fine, just refocus on your breathing.

Source: [Omada for Cigna](#)

Alcohol Awareness Month is a health awareness campaign that takes place every April with the aim of raising awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues. The campaign also aims to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed; offering help and advice for families as well as direct engagement with those afflicted with alcohol addiction.

Alcohol addiction and abuse claims thousands of lives across the country each year. Addiction to alcohol is one of the most common forms of substance abuse in the Western world. Since alcohol is legal and most of the time can be enjoyed socially with few adverse effects, the signs of addiction can be difficult

to identify. Warning signs of alcohol use disorder are related to patterns of drinking, the continuance of alcohol consumption despite negative consequences and the presence of withdrawal symptoms. The consumption of an increasing volume of alcohol, particularly if more alcohol is consumed than was intended, or if the individual finds it difficult or impossible to stop drinking, may indicate a problem.

Accessing help and thinking about recovering from alcohol addiction is a daunting prospect; however, it need not be faced alone. There are many ways to get help through professional organizations and support groups, as well as alcohol addiction treatment and rehabilitation centers. For more information, visit [www.recovered.org/alcohol](http://www.recovered.org/alcohol).

### Questions?

Visit Cigna's website at [www.mycigna.com](http://www.mycigna.com) for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.



**Next Challenge: North American National Parks Scavenger Hunt!**

Our Wellness BINGO Challenge ended on April 1, 2022, so stay tuned for participation prize updates in the near future. Our next and final challenge of the school year will be a scavenger hunt and will run from May 2, 2022, through June 3, 2022. During the North American National Parks Scavenger Hunt challenge, participants will work their way along a virtual route stopping by national parks from Acadia National Park and ending at the Smithsonian. You will earn scavenger hunt questions for reaching step goals throughout the challenge. Registration information will be sent out prior to the start date.

**Don't Forget: Gardenuity Virtual Pepper Garden Workshop April 22<sup>nd</sup> – Earth Day**

We are excited to welcome Spring and celebrate Earth Day with Gardenuity during a virtual pepper gardening workshop on Friday April 22, 2022, from 5-6 p.m. ET. During this workshop, you will walk through how to assemble your very own complete container Pepper Garden, including seasonal herbs and a pepper plant matched to your location. As previously, we will also be raffling off some fun garden-inspired gifts during our live workshop as well! And as an added bonus, with each garden shipped out during March and April, Gardenuity will be donating a tree to be planted with the American Forest! Registration is now CLOSED.

**Cigna EAP Webcast Seminars**

Cigna's Employee Assistance Program will host two one-hour webcast seminars in April. Each will begin at 2 p.m. EST. Visit [www.cigna.com/EAPwebcasts](http://www.cigna.com/EAPwebcasts) to register.

- April 6<sup>th</sup> – Managing Change
- April 20<sup>th</sup> – The Financial Wellness Playbook

**Naked Fish Tacos**

*Health Tip: If you're following a low-carb diet, this dish is for you! If not, pair it up with a whole grain side like brown rice pilaf or corn and pepper sauté.*

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

**Ingredients:**

- 1 cup coleslaw mix
- ¼ cup chopped fresh cilantro
- 1 green onion, sliced
- 1 tsp. chopped seeded jalapeno pepper
- 4 tsps. Canola oil, divided
- 2 tsps. Lime juice
- ½ tsp. ground cumin
- ½ tsp. salt, divided
- ¼ tsp. pepper, divided
- 2 tilapia fillets (6 oz. each)
- ½ medium ripe avocado, peeled and sliced

**Nutrition Facts:**

- 293 calories
- 16 g fat
- 83 mg cholesterol
- 663 mg sodium
- 6 g carbohydrates
- 33 g protein

**Directions:**

Place the first 4 ingredients in a bowl; toss with 2 tsps. Oil, lime juice, cumin, ¼ tsp. salt, and 1/8 tsp. pepper.

Refrigerate until serving.

Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side.

Top with slaw and avocado and enjoy!

**Bell Pepper and Corn Sauté**

1. Melt 1 ½ tsps. butter in a skillet over medium-high heat. Add ½ cup chopped onion, 1/3 cup diced bell pepper, and 2 sliced garlic cloves; sauté 3 minutes.
2. Add 2 cups frozen corn, ¼ tsp. salt and ¼ tsp. pepper; sauté 3 minutes.
3. Enjoy!