

Stress management

Running on empty? You don't have to

Stress isn't just in your mind — it shows up in sleepless nights, exhaustion, and burnout. When stress and sleep are out of balance, everything feels harder. The good news? Relief is within reach.

UNDERSTANDING STRESS AND SLEEP

The stress-sleep connection: breaking the cycle

Chronic stress disrupts sleep, and poor sleep fuels stress — a cycle that leaves you drained. The right support can restore balance. Here's how:

Understand what's keeping you up

Anxiety, racing thoughts, and tension can make sleep feel impossible. Working with a healthcare provider can help you identify stress triggers and develop strategies to calm your mind and body.

Build healthier sleep habits

Small changes can make a big difference. From creating a calming bedtime routine to managing daytime stress, expert guidance can help you create conditions for better rest and recovery.

Get personalized support

Whether it's therapy, sleep coaching, or medical care, you deserve support tailored to your needs. Your Care Team can help guide you towards the relief you need.

Included Health is available to teammates and covered dependents enrolled in a BlueCross BlueShield medical plan. You must be enrolled in the HDHP A, HDHP B or PPO to access Included Health.



Stop the stress-sleep spiral
Find care now

