



## Say “so long” to stress this spring

The winter blues are giving way to a green spring, but that doesn't mean stress just melts away. Stress is unavoidable, and it can lead to high cortisol, the “stress hormone,” that can cause anxiety, depression, poor sleep and more.

But there are natural ways to lower your cortisol and balance out your life.

[Read more](#)

## #WebinarWednesday

Small changes have a big impact.

Join us to learn smart grocery shopping strategies, simple eating-out tips and easy ingredient swaps that can make your meals significantly more nutritious.

**Nutrition in Application**



# March is Women's History Month

It's also a great time to explore the things that impact women's health. Check out Scrubbing In to learn all about the many facets of women's health.

You can learn all about:

- [What to expect at your first Pap smear](#)
- [Living with PCOS? Self-care tips for women](#)
- [What to eat on your period: The best and worst foods for your menstrual cycle](#)
- And [more](#)



## Walk with a Doc

Learn about a health topic and get your steps in at the monthly Walk with a Doc series.

After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

[Find a walk](#)

## Your "Why" Can Take You Places

Create a purposeful path to your well-being goals. With **Side Quests**—a new feature from the **BSW Be Well Program**—you'll write your "why" for working toward a well-being goal. Then, personalize a plan of action and stay motivated every step of the way.

Side Quests can be the reason for embarking on a well-being journey or a secondary goal you work toward. Visit the "Choose Your Own Adventure" page and select a goal today:

- **Timed Exercise** – Pick your favorite exercise and commit to it for a set amount of time each week.
- **Mindful Minutes** – Help ease stress by putting aside time for mindful activities during the week.
- **Quality Sleep** – Challenge yourself to start healthy sleep habits that can help you wake up feeling more refreshed each day.
- **Daily Steps** – Connect your fitness tracker and commit to a certain number of weekly steps.

### Your "why," your way

Get the support you need to arrive at your healthy place, at your pace. Get started today at [my.bswhealth.com/login](https://my.bswhealth.com/login)

### Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: BSWHP.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

WebMD Health Services

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