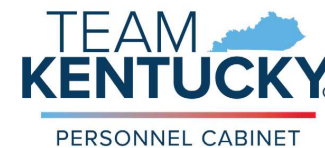
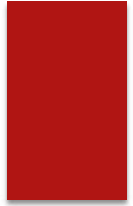


Mental Health and Stress

Understanding Stress, Effects, How
To Cope, And Resources For Help

November 20th, 2025



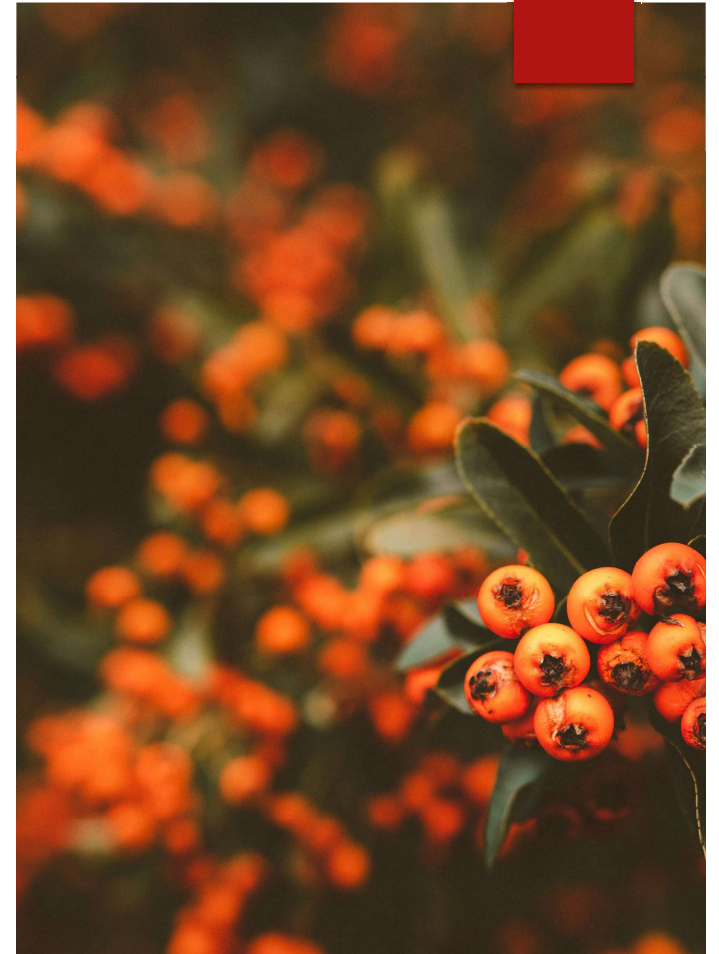
Kentucky Employees'
Health Plan

Welcome!

Your Presenters-

- ▶ Emily Marlowe, LCSW
- ▶ Brad Roberts, RN

Icebreaker: In the chat, share your favorite relaxation techniques (or let us know if you need ideas)!



Mental Health-
State of mental well-being
that enables people to
cope with the stresses of
life, realize their abilities,
learn well and work well
and contribute to their
community- World Health
Organization (WHO)

Stress- Defined as a state
of worry or mental tension
caused by a difficult
situation (WHO)

► Effects of stress on your body:

1. Making you feel shaky, dizzy or off-balance
2. Raising blood pressure
3. Lowers your immune system
4. Prevents quality sleep

Stress can take a mental toll, as well!

► Effects of stress on your mental health:

1. Can make you irritable and angry
2. Can cause problems with concentration and memory
3. Can decrease your outlook on life
4. Chronic stress can lead to substance abuse

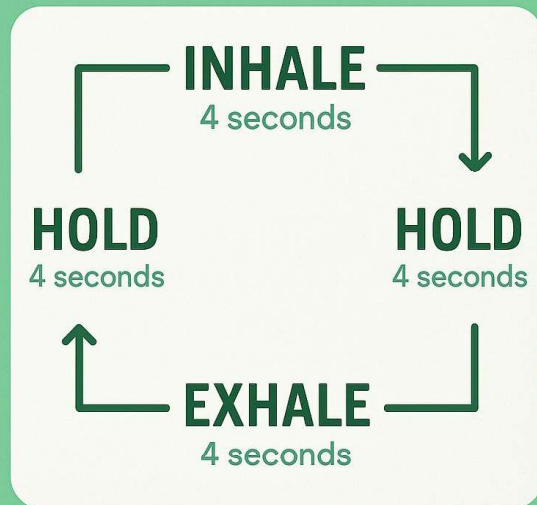


Tips and Strategies

Deep Breathing

- Easily practice anytime, anywhere!
- Can lower stress and reduce blood pressure (Tavoian & Craighead, 2023).

BOX BREATHING



Mindfulness

- ▶ Living in the present moment
- ▶ Positive impact on overall health and wellbeing (NIH, 2021).
 - ▶ Reduces anxiety and depression
 - ▶ Lowers blood pressure
 - ▶ Improves quality of sleep
- ▶ Can develop a **personal practice** and/or request a **mindfulness-based treatment** from a provider.
- ▶ Multiple ways to practice
 - ▶ Meditation
 - ▶ Walking
 - ▶ Journaling
 - ▶ Deep breathing
 - ▶ Yoga
 - ▶ Observing thoughts
 - ▶ Eating
 - ▶ 'Living in the moment'
 - ▶ Grounding





'5-4-3-2-1'
Grounding
Practice

Behavioral Health Case Management is available to all KEHP members at no additional cost!

Program Overview

Our team offers a personalized approach to mental health and wellness through dedicated case management services.

- ▶ **Comprehensive Care:** Assist members in navigating behavioral health services to ensure holistic care and support.

Key Benefits

- ▶ **Personalized Assistance:** Receive a dedicated case manager to help coordinate and optimize your mental health care.
- ▶ **Access to Resources:** Get connected with a network of healthcare professionals, support groups, and wellness resources.
- ▶ **Local Expertise:** All KEHP case managers are based in Kentucky (or in very close proximity), which ensures a deeper understanding of local resources and community connections.
- ▶ **Improved Health Outcomes:** Enhance your well-being with targeted plans and proactive behavioral health management strategies.

How to Get Connected

- ▶ **Call** 855-873-4931, and ask about “case management”

Resources and Support

- ▶ KEHP Behavioral Health Resource Line: 855-873-4931
- ▶ LiveHealth Online: [LiveHealthOnline.com](https://www.livehealthonline.com)
- ▶ Emotional Well-Being Resources through Learn to Live. Log in to anthem.com or the Sydney Health app to access.
- ▶ HelpGuide.org (Evidence-based information on hundreds of topics to improve mental health).
- ▶ SAMHSA 1-800-662-HELP(4357) for support with alcohol and other drugs.
- ▶ Contact the National Alliance on Mental Illness (NAMI) at 800-950-NAMI(6264) to connect with a trained crisis counselor for free, also offers 24/7 crisis support via text message
- ▶ 988 Suicide prevention line





Questions/Comments?

References

- ▶ Tavoian, D., & Craighead, D. H. (2023). Deep breathing exercise at work: Potential applications and impact. *Frontiers in physiology*, 14, 1040091. <https://doi.org/>
- ▶ National Institute of Health. (2021). Mindfulness for Your Health: The Benefits of Living Moment to Moment. Department of Health and Human Services. [newsinahealth.nih.gov/2021/06/mindfulness-your-health](https://www.newsinahealth.nih.gov/2021/06/mindfulness-your-health).

