

# Personal Lines

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inSights



April 2024

## Celebrate National Stress Awareness Month With These Coping Strategies

Stress is, unfortunately, an inherent and natural part of life. However, while accepting that stress may eventually impact your life, you can at least take steps to combat it.

That's the mission of National Stress Awareness Month, which is recognized every April. This campaign focuses on raising awareness about stress and providing people with tips for how they can better manage these feelings.

In commemoration of National Stress Awareness Month, consider the following coping strategies:

- Prioritize physical health. Although stress may often be seen as primarily a mental or emotional matter, your physical health can significantly influence stress levels. Commit to eating a healthy diet and try to exercise for at least 20 to 30 minutes each day.
- Get enough sleep. Being rested is an integral part of overall health and wellness, and may help you avoid or manage stressful situations. Try to get at least 7 hours of sleep each night.
- Schedule time for yourself. Although life may be busy, setting aside time to enjoy your hobbies and relax is crucial to limiting stress levels.
- Connect with others. Try to avoid isolating yourself by maintaining regular contact with family members, friends and colleagues. Be open and honest about struggles you may be having with stress.
- Avoid unhealthy coping mechanisms. Limit alcohol intake, try to quit smoking and avoid using drugs as a way of changing your mental state unless prescribed by a medical professional.

For more stress management and mental health resources, contact us today.

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## 5 Spring Home Maintenance Tips

The spring months can be a pleasant and joyful time as temperatures rise, days grow longer and the world around you blooms. These conditions may allow you to conduct various tasks around your home following winter. Some tasks may be necessary this time of year to prepare your home for the upcoming season.

To prepare your home for spring, consider the following five steps:

1. Inspect your roof for cracks or holes that may have been caused by ice and snow, as spring rainfall and storms could exacerbate any issues and cause significant water damage.
2. Clear your gutters and downspouts to help melting snow and rain drain away from your home.
3. Look around your property for potentially problematic trees or branches, as spring may bring heavy storms and strong winds.
4. Check your air conditioner and clean or replace ventilation filters to maximize the efficiency of your cooling system in advance of warmer summer conditions.
5. Seal cracks around doors and windows to keep water or pests from entering your home.

Reach out today for more home maintenance and safety tips.

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# Tips to Avoid Driving While Distracted

According to the National Security Council (NSC), over 3,000 people die annually due to distracted driving accidents. In recognition of this issue, the NSC organizes Distracted Driving Awareness Month each April with the goal of educating the public.

To help contribute to safe roads, consider the following tips:

- Avoid talking on your cell phone or texting while behind the wheel.
- Limit unnecessary conversations with passengers and keep pets and children from moving around the vehicle.
- Set your navigation or listening entertainment (e.g., music or podcasts) before you start your trip.
- Save personal grooming, such as adjusting your hair or touching up your makeup, for after you've reached your destination.
- Refrain from eating, drinking or smoking while driving.

For more information on automobile safety, contact us today.

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