

You FIRST

Your Month of Well-being

APRIL 2026

Unwind to Recharge

As daylight stretches and spring fully takes hold, April invites us to slow down, breathe and reset. With packed calendars, work pressures and everyday demands, it's easy to let your own well-being slip to the bottom of the list. That's why April—Stress Awareness Month—serves as an important reminder to be intentional about self-care, stress management and workplace wellness. This month encourages us to pause, recharge and build habits that support lasting well-being.

Strengthening Your Burnout Prevention Toolkit

With nearly 68% of U.S. employees experiencing moderate to very high levels of job burnout, consider these strategies to help protect your well-being:

- Reflect on your workload and [recognize the early signs of burnout](#), such as fatigue, irritability or reduced motivation.
- Identify specific job-related triggers that contribute to stress—such as role overload, unclear expectations or constant interruptions.
- [Prioritize daily tasks](#) by focusing on high-impact and time-sensitive responsibilities first.
- Protect your energy by [setting healthy boundaries](#) around availability, meeting load and communication.
- Incorporate recharging activities outside the office, such as time in nature, hobbies, or intentional rest.

Sources: [Burnout among employees U.S. 2025 | Statista](#)
[11 Tips, Tools, and Strategies to Help You Recover from Burnout](#)
[Positive Lifestyle Factors That Promote Good Health](#)
[Six Tips to Support a Colleague with Burnout](#)

Caring for Your Whole Self

Wellness is shaped by the small habits and routines we practice every day, both at work and at home. These small habits can make a big difference:

- **Exercise Daily:** Aim for regular movement like walking, stretching or short activity breaks—to boost energy and reduce stress.
- **Prioritize Quality Sleep:** Create a steady sleep routine with consistent bedtimes and screen-free wind down time to support better rest. Try to get 7-9 hours of solid sleep.
- **Practice Mindfulness:** Take brief pauses (*even when it feels impossible*) to breathe, reflect or ground yourself to stay centered throughout the day.
- **Eat Balanced Meals:** Set aside time each week to plan simple, nourishing meals that help keep you fueled during busy days.

Scan the QR code to view and download the Mental Health America Burnout Checklist



How to Support a Colleague Experiencing Stress and Burnout

Creating a healthy, resilient workplace starts with supporting one another. When a colleague shows signs of stress or burnout, small moments of empathy and awareness can have a meaningful impact. Here are a few ways to offer respectful, supportive help:

- **Notice the Signs:** Stay aware of changes in behavior that may signal stress—such as increased irritability, withdrawal, missed deadlines or ongoing fatigue.
- **Start a Gentle Conversation:** Check in privately with a simple, low-pressure question like, “How are you doing?” or “Is there anything I can help with this week?”
- **Listen Without Trying to Fix:** Give them space to share at their own pace. Sometimes feeling heard is more valuable than receiving advice. Respect any boundaries they set.
- **Encourage Additional Support When Needed:** If the concerns persist or escalate, gently suggest they reach out to HR, a manager or available employee support resources.

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month’s health observance and how you can prioritize your health and well-being!

April 1, 2026, at 12:00 p.m. —Rest Assured: Sleep & Stress Solutions That Work

Learn how sleep and stress are deeply connected, and discover simple, science-backed techniques to restore balance, boost resilience and wake up feeling refreshed. Perfect for anyone seeking real solutions for better rest and a calmer mind.

Click [here](#) to register!



CareFirst BlueCross BlueShield Member Resources

- **Inspirations and Unwinding:** Find help to reduce daily worry and stress. Both programs include videos and audio for relaxation, mindfulness and better sleep behaviors.
- **CloseKnit:** A virtual-first primary care practice offering a wide variety of care including behavioral health services 24/7/365. Download the easy-to-use app and get started today. [CloseKnit Health](#)
- **One-on-One Health Coaching:** As part of CareFirst WellBeingSM, you can participate in personal health coaching—at no cost to you. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **The CareFirst support team** can help you find a mental health provider that meets your specific individual needs. Visit our [Programs for Your Health](#) page for more information.

To access Inspirations, Unwinding or coaching, log in to or sign up for [CareFirst WellBeing](#). Once logged in, select **Your Wellness Resources**. Next, click **Health & Fitness OR Relax & Reset** and then the program of interest.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

Featured Blue365 Deal for April

Save 20% on a Wearable Solution for Stress, Sleep and Focus

TouchPoint Solution offers wearable stress relief backed by science and designed for real life. Using patented BLAST (bi-lateral alternating simulation tactile) technology, TouchPoints can help reduce stress in seconds with no apps or effort. Simply place them on either side of your body, whether that is in your pockets, socks, wristbands or hands, and feel the calm kick in. Click [here](#) for more information!