

2026 Excel Your Well webinar series

From stressed to strong: Strategies to support your mental wellbeing

Stress—we all experience it. And in today's fast-paced world, it can feel constant. Stress affects our wellbeing in many connected ways—physically, mentally, and emotionally. When it becomes chronic, it can create a cycle that impacts our body, mind, mood, relationships, and daily functioning. The good news? With awareness and the right strategies, stress can be managed—and even used to build resilience and personal growth.

At Excellus BlueCross BlueShield, we're committed to supporting our members' health and wellbeing. That's why this May, in recognition of Mental Health Awareness Month, our Excel Your Well webinar will be on the topic of **"From Stressed to Strong: Strategies to Support Your Mental Wellbeing."**



Join us for this 45 minute engaging webinar, hosted by Excellus BlueCross BlueShield, Director of Safety Net Integrated Clinical Management, Amy Houghton. **In this webinar, we will cover:**

- What stress is and the different types
- Ways to recognize signs of stress or struggle in yourself
- Practical tools to support your mental health and enhance your wellbeing
- Simple strategies to build resilience and stay grounded
- How to incorporate self care into your daily routine
- Additional benefits and resources offered through your health plan to support your wellbeing*

**When our members have the resources they need to
make their health a priority, everybody benefits.**

Webinar date: **Tuesday May 26**

Webinar time: **Noon-12:45 p.m.**



To register for the upcoming webinar, please scan the QR code or click [here](#).



Everybody Benefits

*Availability of benefits and coverage varies by contract.
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