

[BCBS Health Education Podcasts](#)

- Stay calm and protect your mental health by [Finding Your Balance](#)
- [Tips for a Healthy Fridge & Pantry](#) – Ideas for preparing healthy meals with foods you have on hand
- Try these [Relaxation Techniques](#) to keep stress at a minimum and reduce its effects on your life
- Take steps to [Limit Tobacco Use](#) during the pandemic
- Keep moving to keep the mind and body healthy - [Movement Into Your Day](#)
- Reset yourself with healthy sleep habits - [Ten Tips for Better Sleep](#)
- Keep a positive spirit - [The Gift of Gratitude](#)
- Learn to eat fresher and healthier foods - [Farmers Markets During Covid-19](#)
- Making healthy lifestyle changes? [Healthy Habits Begin with Small Changes](#)
- [Benefits of Walking](#) – Easiest way to begin exercising? Just walk
- [Family Fun Activity](#) can have benefits for your family and for you
- [Social Isolation to Social Connection](#) - Tips for feeling more socially connected to others
- What are your motivators? [Finding Your Why](#)
- A guide to living with diabetes in [10 Tips for Diabetes Management](#)
- [Back to Basics - Ergonomics](#) shows you the best posture and position for sitting and working at your desk
- Una guía para vivir con diabetes en [10 Consejos para el Manejo de la Diabetes](#)

- A guide to living with high blood pressure in [Tips for Managing Blood Pressure](#)
- Sit taller with [Mindful Posture](#)
- Working the late-night shift? Don't let the time of day control your nutrition. – [Nutrition Tips for Shift Work](#)
- Learn about why staying hydrated is so important with [Hydration Basics](#)
- Get ideas on how to get better quality sleep while working night shifts – [Sleep Tips for Shift Workers](#)
- Una guía para vivir con alta presión en [Manejo de Hipertensión](#) (A guide to living with high blood pressure)
- [Return to Office Anxiety: Easing the Transition](#) – Helpful tips to help you adjust to returning to the workplace
- Celebrate mindful eating during the holidays in order to enjoy them with peace and self-care, thanks to these [Healthy Holiday Eating](#) tips
- Learn about the benefits of building [Resiliency](#) for a happier, healthier life
- Get back on your health track by [Re-establishing an Exercise Routine](#)
- As the saying goes, [Laughter is the Best Medicine](#)
- Aprenda por qué mantenerse hidratado es tan importante con [Conceptos Básicos de Hidratación](#)