

**Aetna – 3-3-3 rule with Dr. Gayle Jordan-Randolph**  
**Video transcript**

Here's a tip of what to do when you feel overwhelmed with stress in the moment.

One: Identify three things that you see.

Number two: Name three things that you hear.

Number three: Wiggle three parts of your body.

This tip can be calming and can help you refocus.