



Managing Stress

We can help

Stress: we all experience it. Some stress -- called positive or eustress -- is useful, motivating us to move forward, reach our goals, and most, importantly, to stay safe. However, a prolonged, high level of stress is negative stress, and it can compromise your health.

If unmanaged, stress can lead to depression, anxiety, and burnout. Log in any time to the platform to access a wealth of well-being tips information, and exercises including:

- [Stress Management Toolkit](#)
- [Coping with Money Worries](#)
- [Managing Stress as a Family](#)
- [Practicing Mindfulness to Reduce Stress Podcast](#)
- [Quick Tips for Managing Stress](#)
- [Relaxation Tips to Help You Beat Stress](#)
- [When a Couple is Under Stress](#)
- [Understanding Different Types of Meditation](#)
- [Five Senses Meditation](#)

Call us anytime for counseling, guidance and advice on managing stress and boosting your wellbeing.

Turn to us for a confidential service you can trust.

