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Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

April is Stress Awareness Month, an ideal time to reflect on how stress impacts our lives. Although we can’t always avoid stress or adversity, we can learn strategies to reduce its impact, such as:

- **Recognize stress symptoms.** You may feel stress physically – through headaches, insomnia, or pains – or you may feel emotional effects like agitation or anxiety.

- **Identify your triggers.** Changes often cause stress. Consider major and minor changes – even diet changes – as possible triggers.

- **Learn coping strategies.** Experts can help. Our health professionals can work with you to tailor coping strategies to your particular triggers.

Call or log on for information, referrals, and other support, including counseling.

**Strategies that help us bounce back**

**Build Stress Resilience.**



TOLL-FREE:

**800-633-3353**

WEBSITE:

[**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

USERNAME:

**Organization specific**

PASSWORD:

**guest**

**YOUR** EMPLOYEE **ASSISTANCE** PROGRAM

April

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**