

**How to avoid—or recover from—burnout**

Work stress impacts our personal lives, and personal stress affects our work lives. While we can't eliminate stress in either realm, we can learn how to lessen its effects.

Our qualified team offers stress management tips and even strategies to minimize future feelings of pressure. We can't guarantee a stress-free life, but we can provide healthy ways to cope.

**Coping with Stress**

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

**TOLL-FREE: enter your toll-free number here**

**WEBSITE: enter your website URL here**

**USERNAME: username**

**PASSWORD: password**

**YOUR EMPLOYEE SUPPORT PROGRAM**

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

**NOVEMBER 2020**

