



BOUNCE BACK

Recovering from stressful situations

Some stress is inevitable, but you can train yourself to bounce back from it. Learn positive strategies to become more resilient to the stressors in your life.

Your Employee Assistance Program can help with:

- Articles on topics related to stress and resilience
- Audio on breathing and daily relaxation tools
- Videos on yoga and tai chi
- FAQs on stress and weight gain, and good sleep

CALL OR VISIT US ONLINE

TOLL-FREE: **800-633-3353**

www.mygroup.com

USERNAME: **company specific**

PASSWORD: **guest**

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