

*Living Healthy
Working Well®*



Stress and Anxiety

Conquer Your Stress and Anxiety

Stress and anxiety—these seem to be everyday parts of modern life.

It can be hard to keep up with all the demands on our time and energy. When worry and stress get to be too much, it's time to develop coping strategies.

Your program offers resources to help you stay healthy and better manage the stress in daily life.



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com