



## Learn to Manage Stress

It can seem as though we're always at work. First, there's the "day job," then everything else. The packed schedules of life today can cause anxiety and stress. But you can achieve better balance—and really relax—by using some easy stress relief methods.

Your program offers tools and resources to help you make the most of the mind-body connection.



Employee Assistance Program  
*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)