

Coping with stress

In times where uncertainty and worry are common, it's important to recognize the accumulation of stress.

1. Spot the symptoms of stress that can impact both mind and body.
2. Identify your stressors and how you might better manage them.
3. Talk out your stress with someone close to you.



Employee Assistance Program
For Professional Consultation
Call 1-800-523-5668
For TTY Users: 1-800-456-4006

Call today or log on to MagellanAscend.com