

Managing Stress during Uncertain Times



Carebridge can help.

Managing stress during uncertain times can be challenging. Living with *too much stress* results in jeopardized health and well-being. Stress management can help you learn healthier ways to cope with stress and reduce its harmful effects.

Your free, confidential EAP benefit provided through Carebridge Corporation is available to assist you 24/7 by calling **800.437.0911** or by contacting **clientservice@carebridge.com**. Educational resources are available on **myliferesource.com** and the Carebridge EAP App.



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