

MAR
2013

FEELING THE PRESSURE?

LEARNING THE ART OF STRESS MANAGEMENT



EMPLOYEE ASSISTANCE PROGRAM

Workplace deadlines. Family conflicts. Stress is a part of life, but it doesn't have to rule it. You can't avoid it completely, but you can learn ways to manage your reaction to it. Your Employee Assistance Program is available any time for support and resources to help you keep you from feeling the pressure.

Call or visit us online to find information on leading a stress-free life.

TOLL-FREE:
800-577-4727

WEBSITE:
www.nuvantage.org
PASSWORD: **wellness**

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



WEBINAR

Building Resiliency 101
MAR 19 — 12 pm, 2 pm ET

It's how we react to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress at home and at work.

