

Stress Management Program



This program is designed to help you manage your stress. This staged approach to stress management walks you through five program levels. You'll begin by identifying your individual stress type and level.

Program features include:

- Stress Tracker: Monitors if your stress symptoms are getting better or worse
- Stress Symptom Checker: Tracks daily stress symptoms
- Panic Button: Provides directions on how to get through a stressful moment
- Breathing Demonstration: Shows deep breathing techniques
- Self Message Tool: Helps you identify your own negative thoughts
- Motivational Support: Helps you achieve your goals
- Progress Updates: Helps keep you going

