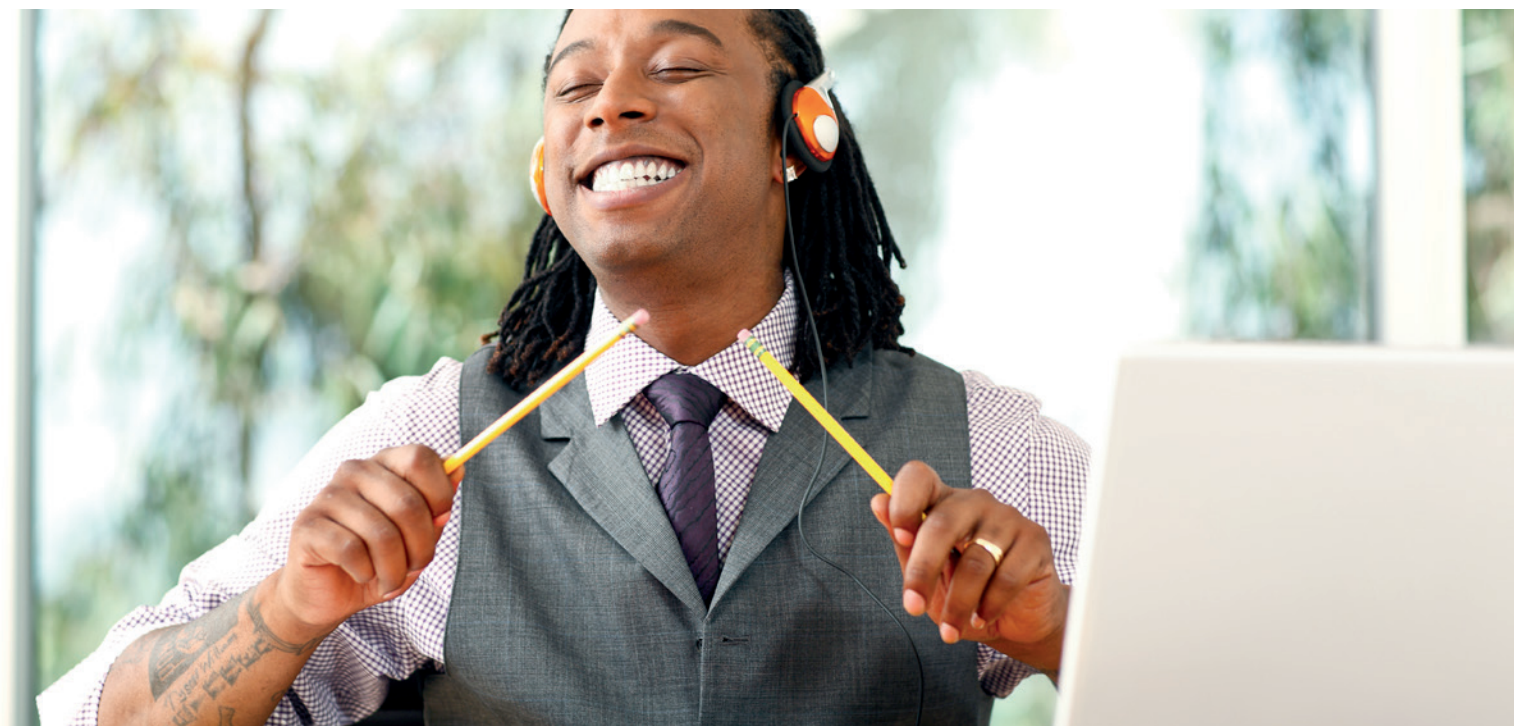


Finding Balance

Simple tools for a less stressed life



Don't let stress get the best of you

Stress can interfere with your quality of life and take a toll on your health. You can't control what causes your stress, but you can change how you react to stress and get better at managing it.

Complete the program and address your stress

We've teamed up with Kaiser Permanente to bring you a simple-to-follow, 8-week program designed to help you see how stress affects you – and explore positive ways to deal with it. By the end of the program, you'll know how to find balance and have a healthier relationship with stress.

Dealing with stress? You're not alone.

Many people reported experiencing negative effects of stress in 2015.*



78%

Experienced 1 or more symptoms of stress

46%

Lost sleep due to stress

34%

Said stress levels increased in the past year

24%

Experienced extreme stress

Program kickoff:

Weekly emails and activities start soon. Follow the program to learn tips and techniques for keeping stress in check.

*American Psychological Association (2016). *Stress in America: The impact of discrimination*. Stress in America™ Survey.

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