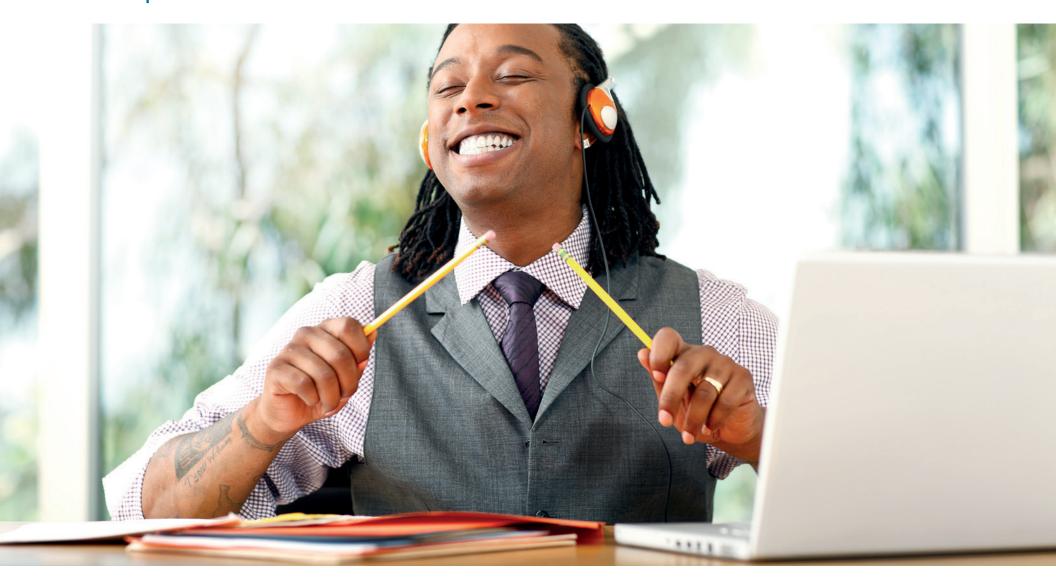
Finding Balance

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.

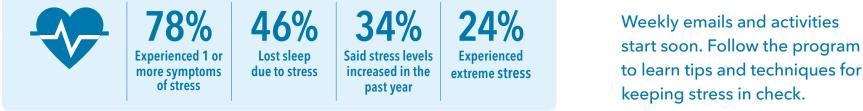
Complete the program and address your stress

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.*

Program kickoff:



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

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232



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