

# 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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