



## Health Topic Emails

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### STRESS MANAGEMENT

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**How to use this email:**

**Copy and paste this content into an email to help your employees learn to recognize and get ahead of stress with these tips and resources.**

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#### **Subject Line**

Tips to manage stress

#### **Headline**

**Stress less with helpful resources**

#### **Body**

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive coping strategies for life's many ups and downs.

- **Breathe it in.** When stress strikes, breathe in for a count of 5, hold for 5, and exhale for 5. Repeat until you're feeling calm.
- **Sweat it out.** Exercise relieves tension in your body and releases feel-good chemicals that fight the effects of stress.
- **See it coming.** Learn to recognize stress at home and on the job, and [make a plan](#) to manage it.

Ready for less stress? [Go online](#) for more tips, resources, and support.