



5 tips to better manage your stress

Recognize the signs of stress

Disrupted sleep, muscle tension, difficulty concentrating.

Identify the agents of stress

Workload, interpersonal problems, significant life changes.

Manage your time more effectively

Revise my priorities, learn to delegate and let go.

Take the time to eat well

Avoid coffee and don't drink too much alcohol.

Ease your mind

Learn about relaxation, breathing, and meditation techniques.

Are you concerned about a health issue?

Our healthcare professionals are always available to advise you on stress-related health issues and problems.

