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**800-435-1986**

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## Managing work/life balance

Stress is your body's response to anything that you sense as a threat. While short-term stress can be good when it helps you focus your energy and effort, prolonged stress can take a toll on your overall well-being. Maintaining work/life balance can reduce the harmful effects of prolonged stress.

Your EAP is available at no extra cost. Use it to:

- Access tools for balancing work and family commitments.
- Find guidance on addressing stress and anxiety.
- Discover parenting tools and insights.
- Learn healthy lifestyle tips.

To learn more about available resources and find support, contact us today.

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