

# IMPACT SOLUTIONS EMPLOYEE ASSISTANCE & WORK/LIFE PROGRAM

## *Stress Less Center*



### RESOURCES:

- **Resiliency Skills Training Series** consisting of 14 brief training modules designed to improve your resiliency and build up your resistance to stress
- **Relaxation Tools** including guided imagery, progressive muscle relaxation and more
- **Assessment Tools** including depression, anxiety and mental health risk assessments

***Did you know...*** IMPACT Solutions offers a **Stress Less Center** on your EAP website where you can find new tools and strategies for managing stress in one convenient location?

**Searching for stress free living?** That is a myth. However, we are offering you a chance to understand your personal relationship with stress and increase your control over unexpected stressful events. Doing so will improve your overall life at home with family and friends, at work with coworkers and customers and with people in your community that you deal with on a daily basis.

In addition to the numerous resources on the website, you can call IMPACT Solutions 24/7 at 800-227-6007. A mental health professional is available at all times to provide you with confidential in the moment support and guidance to address your immediate need. Counseling referrals and other EAP services are coordinated by our triage counselors during normal business hours, Monday through Friday.

Visit our **Stress Less Center** on the IMPACT Website at [www.MyImpactSolution.com](http://www.MyImpactSolution.com)

Remember to enter your organization's Member Login.

Forgot your Member Login? Give us a call at 800-227-6007