

# Taking Control of Stress



## Is there more to stress management than learning to relax?

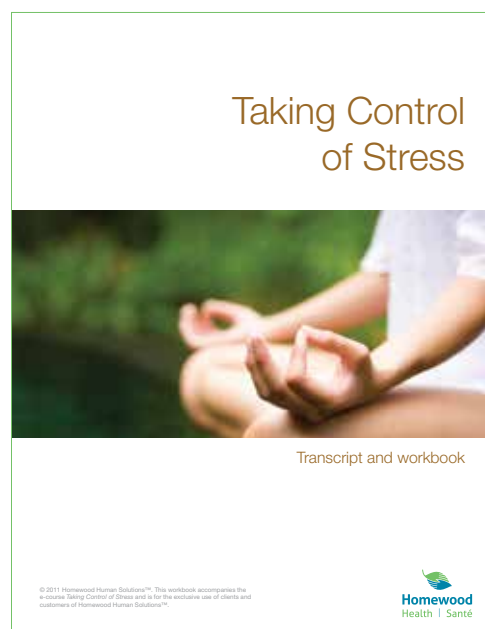
Most people feel that they are under “higher than normal” levels of stress and pressure. This course focuses on key stress management skills, including: managing thinking and feelings, time management, increasing positive experiences, getting active and relaxation.

### Course Contents

- What stress is.
- Signs and symptoms of unhealthy stress.
- Seven stress management strategies.

### Additional Features

- Audio recordings of relaxation exercises to download and use offline (MP3 format).
- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).

**ENROLL  
NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).