



Feel your best: de-stress!

Your Employee Assistance Program (EAP) can show you how

April is Stress Awareness Month — and that makes it a great time to learn how to control it. We can't always avoid stress, but we can take steps to stop it from taking over our lives. Your Employee Assistance Program (EAP) can help you recognize the signs of stress, figure out what triggers stress for you and learn how to deal with it.

Log on to anthemEAP.com this month to read these feature articles:

- Resilience: coping with stress
- How to bounce back from stress
- Face stress: get mentally fit
- What to do when things don't go your way at work

Visit our website or call for free, confidential help from our team of EAP experts.*

anthemEAP.com
Login: Commonwealth of Virginia
1-855-223-9277



*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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