Get the Best of Stress

Stress is something that everyone struggles with at least some of the time, with 50% of Americans reporting significant daily stress, and 77% reporting that stress impacts their physical health.* Times are hard, and there is no shortage of valid reasons to feel stressed. In times of high stress, it can be easy to turn to unhealthy coping mechanisms, but there are better options available to help you process the things that are weighing on you.

Whatever is causing your stress, keep in mind that you have access to these resources to make it easier to manage.

- The Employee Assistance Program (EAP) provides three free therapy sessions per issue, per year. Use them to learn better ways to cope with stress, or to talk about anything else that's on your mind.
- Take advantage of free access to the Calm app through the EAP to help you sleep better, relax, and be more present in the moment.
- Exercise is a great way to blow off steam and relieve stress. Visit Marketplace Perks at Work for discounts on fitness equipment, gym memberships, and free online workouts.
- If financial stress is keeping you up at night, the financial wellbeing support program provided through Balance Wellbeing can help. Sign up using invitation code Insperity.
- Caregiving can be a major source of stress, but you don't have to deal with it alone. Let a Cariloop care coach provide support and share some of the load.
- Marketplace Perks at Work provides classes on mindfulness, building resilience, and more, as well as classes for relaxing hobbies like knitting that can help relieve stress.
- Too much on your plate? Let the EAP's WorkLife Convenience services save time and let someone else do the research when you need to hire a contractor, plan a vacation, research extracurricular activities for kids, and more.

Learn more about these benefits (and many more) in the self-guided wellbeing training to see if you've been missing out on free programs designed to make your life easier, reduce stress, and support your wellbeing.

While a totally stress-free life is probably not a realistic possibility, there are many tools available to help reduce and manage the stress in your life. Take advantage of them now, and your future self will be glad you did.

*According to the American Psychological Association's Stress in America survey conducted in 2022.