



Participant Guide

Good Health Care: Reducing Stress

Overview

STRESS, even on a 'good' day, is unavoidable, as it accumulates throughout the day, depleting the energy and openness we need to engage in life. Difficult life events will also raise our stress levels and undermine our equanimity. We can take measures to prevent stress from interfering with our well-being if we commit to and practice good self-care. In this webinar, we will focus on how our attitudes, thought processes, priorities and relationships can protect us from the chronicity of stress and its damaging effects.

Agenda

STRESS VARIABLES

- ✓ Control
- ✓ Right Attitude
- ✓ Mission Statement
- ✓ Support
- ✓ Outlet

Webinar Length: 30 Minutes



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- Control
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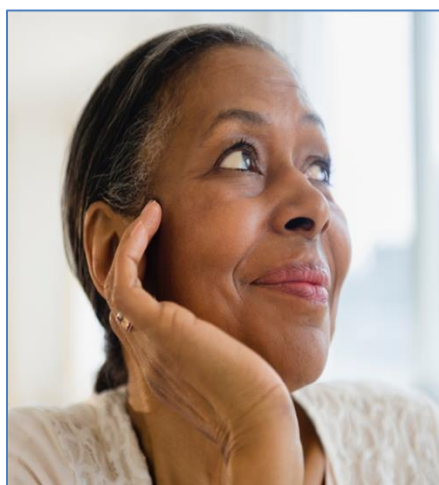


Control

- In Charge
- Empowered
- Choices
- Discrimination
- Adaptation

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Right Attitude

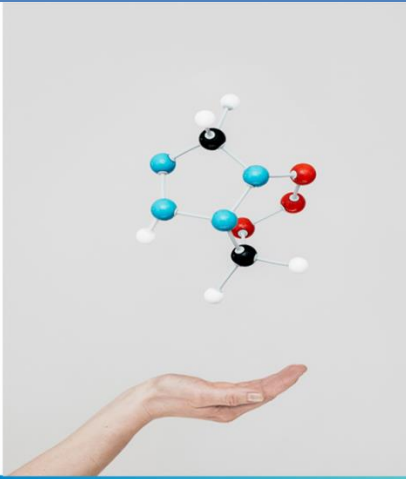
- Optimism
- Acceptance
- Limit setting
- Perspective
- 'Rule Books'
- Excellence



Mission Statement

- Road Map
- Priorities
- Goals
- Definition of success
- Commitments
- Alignment

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Support

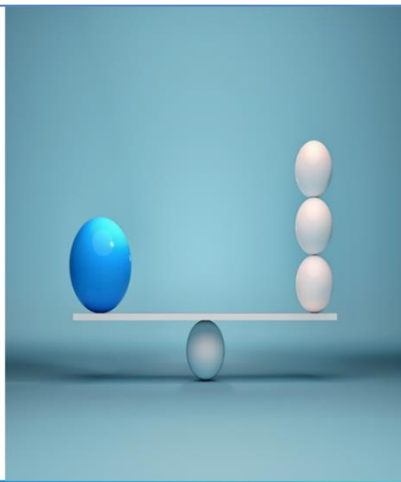
- Affiliation
- Relationships
- Inner world
- Outer world
- Peace

Concern
Real help, real experts, real fast.

Outlet

- Balance
- In touch
- Daily off-loading
- Emotional expression
- Solitude

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Points to Ponder

Name one worry you would be willing to let go of?

Identify one attitude that creates stress in your workday.

Reflect on your definition of success, at work, in life.

How do you stay connected to your important sources of support?

How do you release stress that has accumulated throughout the day?

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Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Confidential Life Balance Solutions at No Cost To You

Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution



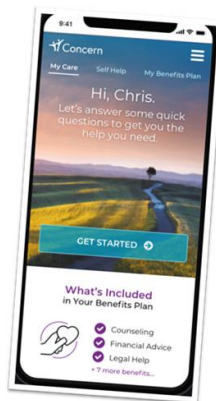
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800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Concern's Digital Platform

Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard.

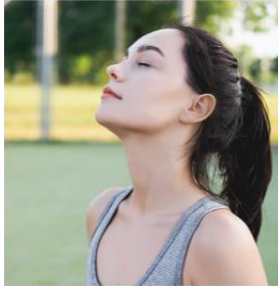
It combines technology, counseling, and self-help tools with compassionate human interaction, all in one place.

eM Life App.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: employees.concernhealth.com, or...
- You can download and access via your mobile phone.

Thank you!

Questions? Comments?

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>