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Address your stress

Stress is how your brain and body respond to anything you sense could be a threat to your well-being. While short-term stress can be good when it helps you focus your energy and effort, prolonged stress can take a toll on your heart health and overall well-being.

Your Employee Assistance Program (EAP) benefit can help you:

- Understand how stress affects your heart health
- Identify sources of stress
- Manage and reduce stress

To learn more about the resources available and to find support, contact us today.

