



April feature – Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Younger adults report the highest levels of stress of any generation.

LifeWorks is here to help you identify your sources of stress and find effective ways to manage them. Check out the [Stress Awareness](#) feature on our homepage, where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

Remember that you can contact **LifeWorks** any time for confidential support. We're here for you, 24/7.

Online: login.lifeworks.com
Username: bcferris Password: healthy
Call LifeWorks, toll-free, 24/7: 1-888-307-0590
TTY: 1-877-371-9978

Note that this month's feature will be live on the homepage from April 1 to 30, 2018.

Search the platform any time for helpful resources related to this topic.

Download the "LifeWorks" app!



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