



## April manager feature – Stress Awareness for Managers

Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include work, money, and personal health concerns. Younger adults report the highest levels of stress of any generation. **LifeWorks** is here to provide resources and support on these and other issues, including spotting the signs of stress and overload in yourself and others.

Check out the [Stress Awareness for Managers](#) feature on our homepage, where you'll find a variety of resources on reducing stress and boosting well-being, including our new Stress Management Toolkit. Encourage your staff to explore the toolkit as well.

To learn more about ways to manage your stress while supporting the people you manage, remember that you can always contact **LifeWorks**. We're here for you, 24/7. Contact a consultant today for free, confidential guidance and support.

**Online: [login.lifeworks.com](https://login.lifeworks.com)**  
**Username: bcferries 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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