

EAP BENEFIT

Online Stress Center



The **Wellspring Stress Center™** is a web-based stress management tool that offers a variety of resources to help you become more stress-resilient. Choose from educational content, desktop interventions or long term programs.

While many people are aware of their blood pressure or cholesterol, most are unaware of the degree of stress they experience. The **Wellspring Stress Center™** offers **The Oxygen Plan**: A comprehensive stress management program with a unique assessment that assigns a numeric value called **Stress Number®** to your stress levels at home, at work and in your social life.

Explore the following sections of the **Wellspring Stress Center™** today and take advantage of the tools and resources available to help you manage stress!

STRESS & YOU

Educational facts about stress, its impact on the body as well as resources to help reframe your responses to stress.

STRESS NUMBER

A new health metric--measured by answering a few questions--that helps you keep track of your stress levels at home, at work and in your social life.

INSTANT RELIEF

A selection of desktop interventions (like guided meditation and relaxation music) and ideas to help you maintain a state of relaxation throughout your day.

OXYGEN PLAN

A self-driven online program to support stress reduction and lifestyle management. It helps you evaluate your sources of stress, assists in setting goals and tracking progress.

HELPFUL RESOURCES

Supportive information in the form of featured articles, videos, tools and resources to help you increase your awareness about stress, and knowledge on how to respond.

Access the **Wellspring Stress Center™** by logging in to your EAP website and selecting **Stress Center** from the main menu.

ONLINE: WELLSPRINGEAP.ORG | USERNAME:
TOLL FREE: 1.800.553.7798

