



## Combatting Stress: Improve Your Mental and Physical Well-being

Experiencing stress is inevitable—from workplace challenges to personal issues, many situations can contribute to different levels of stress and taking steps to lower stress wherever possible can help improve your overall quality of life.

It's important to recognize that although some stress is normal and expected, chronic stress can create greater health risks. Learn how you can proactively take control of your stressors.

Access resources [here!](#)

### What Happens to Your Body During Periods of Stress?

While stress is often seen as an emotional state, it also has strong effects on the body. Discover the physical symptoms of stress, learn about stress thresholds, and understand the difference between good and bad coping mechanisms in our webinar on managing stress. [Watch now.](#)

### Take Control of Your Stressors

You can't always control situations, but you can control your reactions to them. Explore 15 stress busters that can help you shift how you respond to stressors in our [Stress Management Tip Sheet](#).

### Get the Extra Help You Need

Sometimes the stress you experience can be too overwhelming and working with someone to help take some weight off your shoulders can be just what you need. Explore how you can work with a therapist in a way that works best for you.

Once you've [logged in](#), navigate to "Counseling" under "EAP Services" to learn more.

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Get started with your EAP by joining this month's free webinars:

Teamwork Strategies  
Wednesday April 16, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

Building Strong Teams  
Wednesday April 25, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)



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Work Well.  
Live Well.

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

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