



# BOUNCE BACK

## Recovering from stressful situations

Some stress is inevitable, but you can train yourself to bounce back from it. Learn positive strategies to become more resilient to the stressors in your life.

Your Employee Support Program can help with:

- Articles on topics related to stress and resilience
- Audio on breathing and daily relaxation tools
- Videos on yoga and tai chi
- FAQs on stress and weight gain, and good sleep

### CALL OR VISIT US ONLINE

TOLL-FREE: **800-634-0182**

**[www.team-mn.com](http://www.team-mn.com)**

Click on: Services

Click on the link: Work-Life Support Options

Click on Work-Life Online Resources

PASSWORD: **teameap**



Available anytime, any day, your Employee Support