

LifeSolutions®

Stress Management



When stress pulls you down, know that there is help.

Stress is a normal part of life—and for many of us, an everyday challenge. But when stress becomes constant, it's time to take action. LifeSolutions first responder assistance can help you choose your next step.

Situations that leave us feeling out of control are often those that cause us the most stress. You might be worrying about bills, reliving arguments with your significant other, or wondering how to get your kids to do what's best for them. Maybe all three at once and even more.

Feel more in control

Talking through a situation with a professional can be extremely helpful. A new perspective can lead you to solutions you didn't know existed. This new understanding can put you back in the driver's seat.

LifeSolutions' services are private and confidential. They are available to you and members of your household at no cost.

Call or email us to ask questions or schedule an appointment.

LifeSolutions is here to help.

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To access the website, go to work.partners/lifesolutions click Login, and enter your company code: **WEBT**



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