



Got Stress?
Take a deep breath and let go.

Tackle stress and win!

Learn how to manage stress with online or over the phone programs designed to get you on the path to a less stressful life. Programs for State of Minnesota employees introduce valuable skills to help you identify your sources of stress and how to cope with them. Programs include:

- The JourneyWell Stress eProgram
- A Call to Change ... Balancing Stress for Healthy Living® phone program
- Or choose from a suite of programs featuring various wellness topics!
- Programs are offered at no cost if you enroll by September 7, 2009.



Get started by registering for a personal account. Log on to www.journeywell.com. Complete the health assessment, then choose from a menu of wellness programs. To enroll in a phone program, call 952-967-5128, toll-free at 1-866-977-5128, or TTY at 877-222-2794.

A woman with long dark hair, wearing a white tank top, is sitting in a meditative pose outdoors. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a lush green forest with sunlight filtering through the trees.

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