



Online Stress Management

Fifty years of stress management research tells us that stress management works. However it is a long-term investment and process to be successful. Shepell-fgi proudly presents our new **Online Stress Management Program**.

A comprehensive, expertly developed program that features proven techniques presented in an engaging and interactive online real-time environment to help people manage stress and make meaningful changes in their lives.

Based on a detailed individual stress assessment, this new online program provides users with convenient anytime, anywhere access via the Internet to work at their own pace; learn techniques, set goals, complete actions and measure their results in real-time.

The Online Stress Management Program will guide users through:

Based on a detailed individual Stress Assessment Survey, the online program provides users with:

- Convenient anytime, anywhere access via the Internet;
- Graphical and easy to understand displays of Survey results with specific support resources identified by colour.
- **Five Core Modules** providing an essential starting point to understanding stress and how to implement behavioural and attitudinal change;
- **Resource Library** full of materials tailored to individual Survey results. Bookmark feature makes for easy recall;
- **Action Plan** area to create personalized goals and action plans for stress management with results measured in real time;
- **Interactive online features** like action email reminders and goal alerts, private digital journal, status indicators to measure success and improvements needed in real time, and more;
- **Games and Activities** offer a fun stress-busting break!

Successful stress management is about working towards making small positive changes over time. Shepell-fgi's **Online Stress Management** program is the best place to start! To access the Program, please call us

To access the new Online Stress Management Program, please contact Shepell-fgi. After an assessment is completed and a case is booked, users will be sent the Program website address and login instructions via email. Users will have three-month access.

Contact Us

To find out more about the new Online Stress Management Program offered through Shepell-fgi or if you need immediate and confidential assistance please contact us at **1 800 387-4765**.



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