

# Stress Management

## Services through Cascade EAP

**Stress** – mental, emotional, or physical tension or strain experienced when the demands of a person exceed the personal and social resources the individual is able to mobilize

### Common causes

- Health
- Substance abuse
- Family changes and Arguments
- Physical changes
- Money
- Environment change
- The demands of the job
- Relationships with colleagues
- Bullying
- Job Security



### Your EAP can help!

- **Set up an appointment** with an EAP professional to talk about causes of stress and coping techniques
- **Access your free financial consultation**
- **Let Cascade locate resources** for childcare, eldercare, and other personal and family related concerns.
- **Speak to a personal health coach** to recognize the signs of negative stress, cope with the physical aspects of stress, learn relaxation techniques, and use exercise as a way to manage stress

### It's easy to use

Call Cascade at 800-433-2320

Email us at [info@cascaidecenter.com](mailto:info@cascaidecenter.com) for more information



Cascade Employee Assistance Program  
1-800-433-2320