

Stress Buster: Managing and Taking Control of Your Life

ONLINE SEMINAR

Proactive strategies to stress less

Manage your stress in a healthier way and learn some strategies to take control of your life.

To access the seminar, follow the instructions below starting December 21st:

- Click this link:
<https://helpwhereyouare.com/CompanyLogin/1515/mercy>
- Enter the username and password as shown
 - ❖ USERNAME: **MSU**
 - ❖ PASSWORD: **MSU**
- Scroll down to and click on "Online Seminars" to access

24/7 Counseling Support: **800-413-8008 #2**

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Always Available | Free | Confidential



DECEMBER 2022

MERCY EMPLOYEE ASSISTANCE PROGRAM

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