

Recognize Stress Awareness Month

What is stress?

While stress affects everyone differently, you know it when you feel it. Stress is that feeling of mental, emotional and physical strain or exhaustion that can make your heart race, cause sleep issues, irritability and much more. Recognize Stress Awareness Month this April by learning about stress, its effects and how you can manage it.

Got stress? SupportLinc offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.

