

e-tips

The Journey to Well Being



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Intermountain EAP at
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National Stress Awareness Day

National Stress Awareness Day is April 16. It's a great day to look at your life and assess how well you are managing your daily stress. Are you getting more sleep? Taking breaks during your day? **Send in your experiences by April 20 on what you are doing that is helping you manage your stress.** We'll then have a drawing and the winner will receive my new favorite book, Hamlet's Blackberry. It's very insightful as to how technology affects our life and shares some fabulous suggestions on getting the most from technology without being controlled by it. I can't wait to hear from you!

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