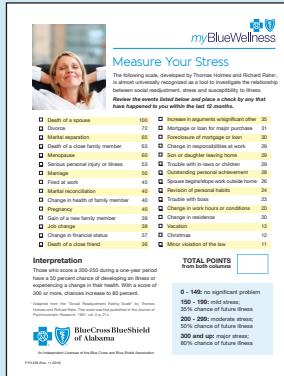


Blue Cross and Blue Shield of Alabama provides the Stress Management Tool Kit to help your employees learn to recognize and cope with stress.

Stress Management Tool Kit: EDUCATIONAL MATERIALS



Coping with Stress: FYH-238



Measure Your Stress: FYH-239



Stress & Your Body: FYH-240



Poster FYH-251



Poster FYH-250

Here are a few suggestions to help you use these materials in your workplace. Every workplace is different, so find out what works best for you.

- Present and discuss the materials in an educational workshop.
- Another very simple option is to display the posters in your breakroom and distribute the handouts to your employees.

Ordering additional materials is easy!

1. Go to AlabamaBlue.com/employers.
2. Select “Forms and Materials.”
3. Enter the stock number to download or order.

Title	Stock No.
<i>Coping with Stress - handout.....</i>	FYH-238
<i>Measure Your Stress - handout.....</i>	FYH-239
<i>Stress and Your Body - handout</i>	FYH-240
<i>Stress and Your Body - 11x17 poster.....</i>	FYH-241
<i>Stress and Your Body - 11x17 poster.....</i>	FYH-250
<i>Stress and Your Body - 11x17 poster.....</i>	FYH-251



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