

Holidays got you frazzled?



Take a Holiday from Stress!

There is a true connection between stress and illness, which is why it is important to take it easy this holiday season. Don't get caught up in the stress of finding the perfect gift or planning the ultimate party. Enjoy the season instead of driving yourself crazy.

Visit PacificSource.com for free online tools and stress-reduction tips.

As a PacificSource member, you can access CaféWell, an online health engagement portal. To get started, go to PacificSource.com, log into InTouch, and then click on the CaféWell button.

Visit CaféWell to start a **Stress Management Lifestyle Improvement Program**. To get started, take the health assessment to generate your initial data.



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