



Personalized pathways for living a stress-friendly lifestyle

[www.StressStrategies.ca](http://www.StressStrategies.ca)

The free, confidential online coaching tool to:

- ✓ Explore and identify the sources driving stress
- ✓ Discover stress management strategies and tips for living a stress-friendly lifestyle
- ✓ Read how other Canadians have used these strategies to successfully manage their stress
- ✓ Create a personalized stress management plan

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