

Read how other Canadians have used these strategies to successfully manage their stress

Discover stress management strategies and tips for living a stress-friendly lifestyle

Create a personalized stress management plan

Explore and identify the sources driving stress

The free, confidential online coaching tool to:

www.StressStrategies.ca

Personalized pathways for living a stress-friendly lifestyle



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- ✓ Create a personalized stress management plan
- ✓ 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