



Castlight



Lower stress, boost resilience

Your response to stress can impact your overall wellbeing. Uncover benefits and programs to help you develop healthy ways to cope.



Scan to
get started

LEARN TO MANAGE YOUR STRESS

Stress enters our lives from all directions. No matter where it comes from or how severe it is, stress can affect you physically, emotionally and psychologically. Our app can help you learn how to manage it so you can keep your health in check.

Take time for yourself

Start with small changes in your routine to make time for yourself. Participate in relaxing activities like yoga or meditation or do something you enjoy such as reading a book or listening to music. Use our app's Healthy Habits as a guide to shift your attention and focus your mind on the positive. Develop a new habit, practice it daily and build resilience to stressful circumstances.

Get moving

Exercise can act as a stress reliever. It can boost your endorphins and distract you from daily worries. Use the app to track your daily activity, sync a fitness tracker, earn points and reward yourself for taking steps toward stress management.

Seek help when you need it

Talk to a health professional if you're feeling overwhelmed and can't manage the stress you're experiencing. Use the Find Care search functionality in the app to find the right care, including a specialist or telehealth provider.

Our app can also connect you with your Employee Assistance Program (EAP) and other behavioral health resources to help you find the treatment option that will work best for you. Personalized coaching support and online programs may be available to help you manage stress, anxiety and other issues affecting your wellbeing.



**Scan to
get started**

