

Managing Stress



Your Wellness Journey

Jumpstart
A Healthy
Lifestyle

Managing Stress

Watch for signs of stress, such as:

- Headache
- Sleep disturbances
- Upset stomach
- Difficulty concentrating and focusing
- Irritable mood
- Low morale
- Negative relationships with family and friends

Provided by: Integrity Consulting Group

104 Interchange Plaza, Suite 202, Monroe Township, NJ 08831

(888) 737-4313 customerservice@integritycg.com



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists