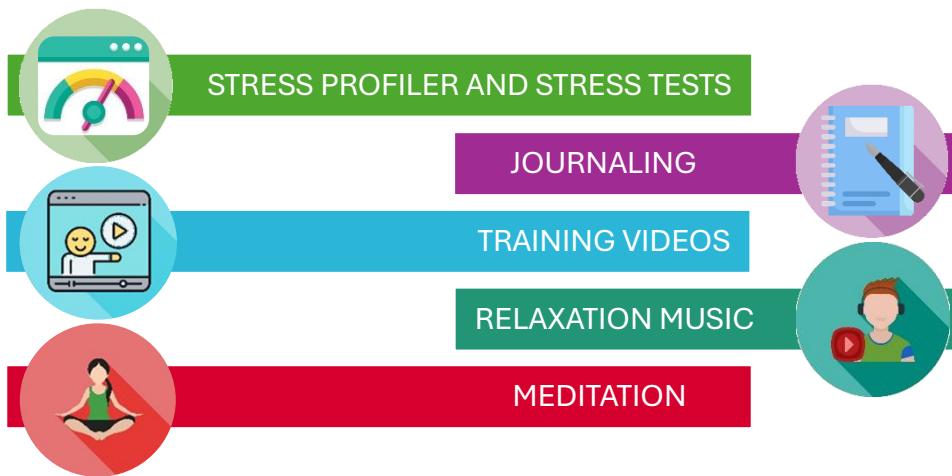


# A Web-Based Platform for Managing Your Stress



My StressTools is an online suite of stress management and resilience-building resources which includes:



My StressTools helps you understand the root causes of your stress and gives you the help you need to dramatically reduce your stress and build your resilience.



**(808) 597-8222**  
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To register visit your EAP website at:

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*You will need your Employer's Password available on your EAP brochure.  
Or call the EAP office.*

