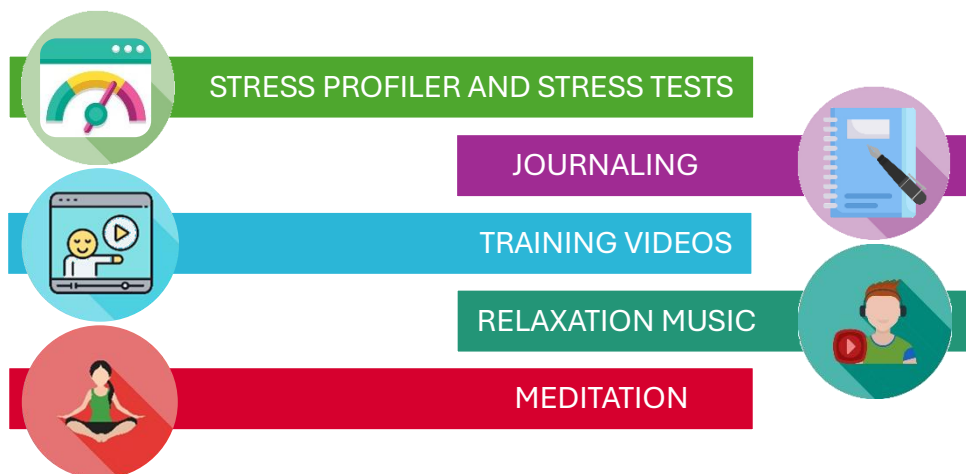


A Web-Based Platform for Managing Your Stress



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
www.eapacific.com

To register visit your EAP website at:

<https://www.eapacific.com/employees/my-stress-tools.html>

or use the QR Code here →

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

