

Proudly introducing our first
PODCAST SERIES

MENTAL HEALTH

COPING WITH STRESS AND ANXIETY

Life EHS is committed to making lives better and providing targeted interventions to help support you through these challenging times.

In line with this, we're excited to provide our valued clients and your employees, with access to our first podcast series, at no cost.

This three part series is made up of 17 bite-sized voice-segments of between 1 and 4 minutes each, allowing on-the-go listening from your device of choice.

PART 1: UNDERSTANDING STRESS AND ANXIETY

- Different types of stressors
- Warning signs of chronic stress
- The stress curve
- Good stress versus bad stress



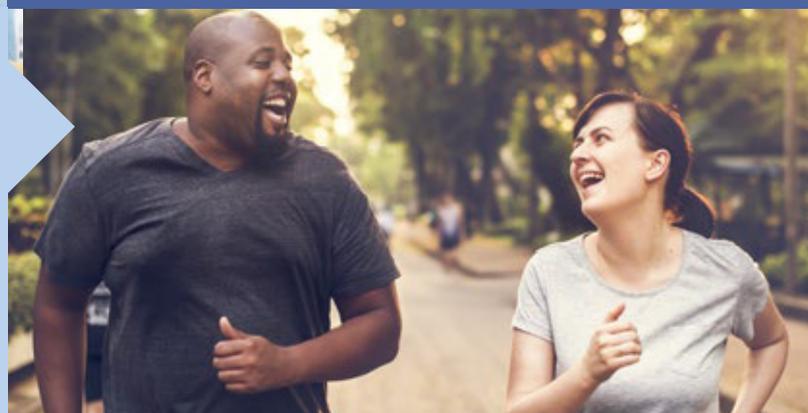
PART 2: THINKING SKILLS TO MANAGE YOUR STRESS AND ANXIETY

- The cognitive triangle
- The circle of control
- Mindfulness
- Intentional unplugging
- Stress-inducing thinking styles
- Practical steps to challenge stress-inducing thinking errors



PART 3: SLEEP, EXERCISE, AND BREATHING

- Breathing exercises
- Grounding exercises
- A vicious cycle: bad sleep and stress
- Sleeping tips
- The value of exercise



To access this podcast, [click here](#)

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