

Please forward to your employees



[Spanish](#) | [View Email in Browser](#) | [Contact Us](#) | [Member Website](#)

Building your self-care toolbox

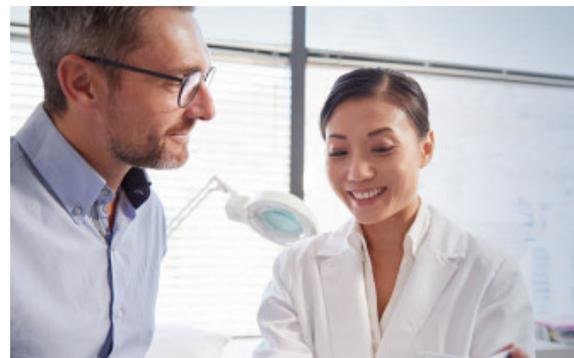
When feeling stressed, anxious, disconnected, or unable to cope, it's common to turn to distractions like snacking, endless scrolling or mindless TV watching. A better alternative is to create a "self-care toolbox" made up of *healthy* strategies and resources that you can easily access whenever you need to relax, spark your energy, or boost your mood, as well as support your overall well-being.

[Find out more](#)



The whole-body effects of stress relief

Taking time each day to do simple activities that calm your body and mind is a powerful way to short-circuit stress, restore a sense of well-being, and protect your health! It's vital to know how your body indicates that you're stressed, and equally important to take



Cancer Control Month: Tips to prevent cancer

Cancer: One small word can evoke so many feelings. It is almost impossible to go through life without knowing someone affected by this serious illness. The primary objectives of National Cancer Control Month is to prevent cancer, promote early detection, and support

measures to manage stress no matter how it shows up. Here are just a few ways that renewing your commitment to stress-busting activities may help keep you healthy.

the needs of patients, survivors and caregivers. In recognition of this important month, we've prepared some important tips for you.

Find out more

Find out more



FREE WEBINAR | Dual Working Partners: Prioritizing What Matters

Log on

To view: Log onto your member website to access the EAP+Work/Life homepage. Click on Webinar.



Alcohol Awareness Month

It's not always easy to tell if you have a drinking problem, but having just a couple symptoms can signal one. It helps to know the signs so you can make a change early. If you do not have any symptoms, then staying within the recommended limits could reduce your chances of injuries, health problems, worsening chronic conditions and other alcohol-related issues. For questions to ask yourself about your drinking habits and more, go to:

www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-Symptoms-Of-Alcohol-Use-Disorder.aspx

Or take an assessment here:

www.healthadvocate.com/emails/awareness_email/2102019-AlcoholAwarenessAssessment-5FLY.pdf



866.799.2728

Visit Your Member Site
answers@healthadvocate.com

24/7 Support

Don't forget to visit your Health Advocate member website for information, tools, tips and more!



We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

This email was sent by:
Health Advocate
3043 Walton Rd.
Plymouth Meeting, PA
19462 US

[Go here](#) to leave this mailing list or [modify your email profile](#).
We respect your right to privacy. [View our policy](#).