

Online Stress Management Program

50 years of stress management research tells us that stress management works. However it is a long-term investment and process to be successful. Shepell·fgi proudly presents a new Online Stress Management Program.

A comprehensive, expertly developed program that features proven techniques presented in an engaging and interactive online real-time environment to help people manage stress and make meaningful changes in their lives.

Based on a detailed individual stress assessment, this new online program provides users with convenient anytime, anywhere access via the Internet to work at their own pace; learn techniques, set goals, complete actions and measure their results in real-time.

The Online Stress Management Program will guide users through:

- Convenient anytime, anywhere access via the Internet
- Graphical and easy-to-understand displays of survey results with specific support resources identified by colour.
- Five Core Modules providing an essential starting point to understanding stress and how to implement behavioural and attitudinal change.
- Resource Library full of materials tailored to individual survey results. Bookmark feature makes for easy recall!
- Games and Activities offer a fun stress-busting break!



- Action Plan area to create personalized goals and action plans for stress management with results measured in real time.
- Interactive online features like action email reminders and goal alerts, private digital journal, status indicators to measure success and improvements needed in real time, and more.

Successful stress management is about working towards making small positive changes over time. Shepell·fgi's Online Stress Management program is the best place to start!

To find out more about the new Online Stress Management Program offered through Shepell·fgi, please contact us at 1 800 387-4765.