

May 29, 2020

Introducing: Stress Solutions – A new Life Smart coaching service

Designed through prevalence and growing necessity, Stress Solutions, our new coaching program is now available to your organization and employees. Facing a pre-existing array of challenges, now paired with recent professional and personal complexities surrounding COVID-19, the resiliency and limits of today's diverse and multigenerational workforce have demonstrated the need for additional support. A recent analysis of EFAP experience revealed that a significant percentage of usage and presenting issues are stress related. During intake processes, employees are often hesitant or challenged to identify and prioritize what their concerns are. They may experience more than one concern and often note stress as a reason for requesting support.

Stress Solutions consists of one to three telephonic sessions. Sessions include but are not limited to discussions surrounding psychoeducation, information about the cognitive aspects of stress, and connections between thoughts and feelings. Additionally, sessions will encompass coaching on stress management, lifestyle, priority management and tools such as meditation and relaxation techniques. In addition to coaching supported by a registered counselor or clinician with specialized expertise in stress, employees will also receive a letter of resources with information specific to their source or primary stress indication. Employees will also receive a welcome booklet providing an overview of stress issues and stress management techniques. Employees can access the service by contacting our customer service centre.

[Homewood Health web site](#)

Homewood Health 1-800-663-1142