Stress Management Program

Chronic stress is the number one underlying reason for doctor's visits and a root cause of many chronic diseases. Take control of your stress and learn how to become more resilient with a Sanford Health Plan Certified Health and Wellness Coach. During your appointment, you will identify your sources of stress, pinpoint effective ways to increase recovery, and explore ways to increase resiliency.

Consultations include:

- Stress inventory
- Breathing exercises
- Habits for a healthy body
- Identifying and accepting emotions
- Reactions to challenges
- Developing healthy relationships
- Creating awareness of personality styles

Meet your coach

Audra Janke

Call (605) 328-6846 to schedule your first session today.

These sessions are tailored to you and what you need in order to be successful. You will receive a toolkit of resources to help you handle your specific sources of stress.

SANFORD HEALTH PLAN

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