



## 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) 328-6888**  
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