

# Turn **STRESS** Into **STRENGTH**

*Video series for mental well-being*

We all experience situations in our lives that cause us to feel tension, worry or even trauma. How we respond to those stressors can affect not only the outcome of events, but also how the body reacts and accumulates stress.

“Turn Stress Into Strength” is a four-part video series brought to you by N Good Health and your fellow employees. Topics include:

- The Constraints and Costs of Self-care
- Social Well-being
- Trauma Turns Triumphant
- Mind Over Matter



#### **PARTICIPATE AND EARN POINTS**

To watch and earn 25 program activity points for each video, log in to your N Good Health account and click on “Program Activities.”

