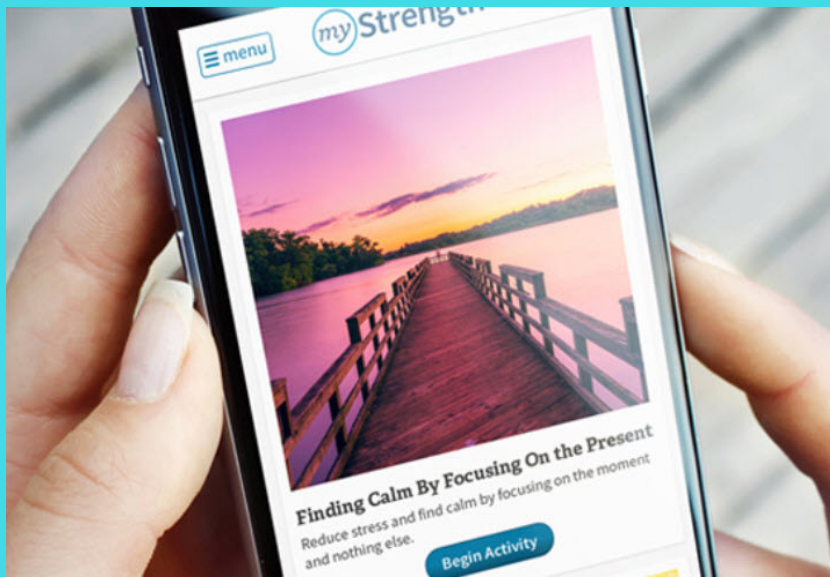


# INBALANCE

MONTHLY UPDATE - JULY 2018



myStrength is an online tool aimed at improving individual mental health and wellness. Burrell Behavioral Health has promoted access for anyone interested by using the code **BurrellSWCommunity**. Visit [mystrength.com](http://mystrength.com) or download the myStrength app.



Be on the look-out for information about how to get your t-shirt if you completed the 2018 health risk assessment! inBalance will begin delivering shirts this week.

## Stressed Out?

1. Identify the sources of stress in your life
2. Practice the 4 A's of stress management
3. Get moving
4. Connect to others
5. Make time for fun & relaxation
6. Manage your time better
7. Maintain balance with a healthy lifestyle
8. Learn to relieve stress in the moment

**Link to full article:**

<https://www.helpguide.org/articles/stress/stress-management.htm>

Questions? Email us at [inBalance@springfieldmo.gov](mailto:inBalance@springfieldmo.gov)