



# Stress less while at work

**Teladoc's licensed therapists are available seven days a week.** Choose your therapist, pick a time that is convenient for you, and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

Here are a few tips for managing work-related worries:

1

## Look inward

Recharging is important. Be sure to eat right, exercise, get plenty of sleep, and take your vacations.

2

## Look outward

Identify the stressors at work and focus on the things you can control. Learn to say "no" in order to maintain a healthy work-life balance.

3

## Look for support

Consider professional help by scheduling a session with a licensed Teladoc therapist.

Get confidential therapy quickly and conveniently

## Schedule a session today

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