Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.

# Conquer your stress

Stress is a part of life. But you can change how you deal with it.

Manage your stress using activities like Healthy Thinking, Stress Tracker and Tackling Stress. You’ll find out where your stress stems from, build awareness of stress-inducing activities, learn how you can combat your stressors and much more.