

MyStressTools

Mental health and wellness resources for MESSA members

MyStressTools is a suite of stress management and wellness resources that help manage stress and anxiety. It provides podcasts, videos, webinars and informational articles on topics such as resilience, wellness coaching, stress tracking, meditation, mindfulness exercises, and more — and it's all free for MESSA members.

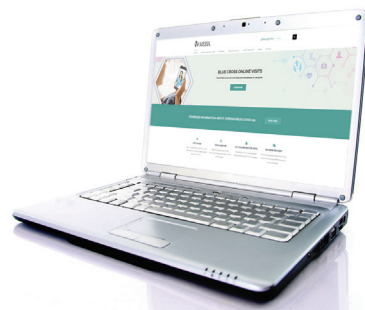
MyStressTools uses a "Stress Profiler" to identify your personal sources of stress and anxiety and tailor the content to your needs.

Mental wellness is an essential part of overall health. High levels of stress and anxiety can lead to long-term health complications and chronic illness. MESSA is here to support your overall health by providing resources to help alleviate stress and anxiety.



Get started:

- 1 Log in to your MyMESSA member account at messa.org.
- 2 Select "Wellness Resources" in the left menu.
- 3 Select "MyStressTools" to launch the MyStressTools site.
- 4 Begin your journey by taking the Stress Profiler quiz.



Learn more at messa.org/MyStressTools.

