



Dear State of Kansas employees- Your EAP can help you and your family members to reduce stress in your personal and professional life.

Stress is an inevitable part of our lives. We have all experienced it to some degree: following a disagreement with a family member; being tasked with a new challenge or meeting a deadline at work. Our various experiences are constantly requiring for us to adapt to changes and cope with stressors. When these stressors are not properly addressed, they can negatively impact our physical health. However, self-care can help to reduce stress, in turn alleviating our stress-related pain responses.

Stress Questionnaire

Use this assessment to determine if you have an unhealthy amount of stress in your life.

[Take the Quiz](#)



Mindfulness is about being engaged in the present moment. It is one of the most effective ways to respond to personal stress because it forces us to focus on the here and now rather than on worries about the future or regrets about the past. Visit our toolkit below to learn more.

[Mindfulness and Relaxation Toolkit](#)

Get help from your EAP. Call us anytime, 24/7, to discuss your issues and to request a referral to an in-network counselor to use your 8-free sessions.

Contact Us

Toll Free:

1-888-275-1205, Option 1

TTY: 1-800-697-0353

Online:

[GuidanceResources.com](https://www.guidanceresources.com)

Web ID: **SOKEAP**

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