

5 Steps to Managing Your Stress.

With MDLIVE, you can visit with a doctor or counselor 24/7 from your home, office or on-the-go.



Feeling tense, anxious, or worried? There are steps you can take to manage your stress level and find the best ways to cope. Here's how:

Visit a counselor or psychiatrist by phone, secure video, or MDLIVE App.

- 1. Take inventory of the stresses in your life**
Everyone deals with stress – what kinds of stress do you encounter every day?
- 2. List the ways you typically manage stress.**
Good or bad, everybody has coping strategies. What do you do?
- 3. Decide which strategies work and which don't.**
Which techniques are healthy and beneficial and which aren't?
- 4. Talk to a therapist**
A therapist can help you develop effective coping strategies to manage stress or adjust to life changes.
- 5. Put your plan into action**
Once you've identified the best ways to deal with your stress, you can take specific steps to reduce or manage it.

Your doctor will send prescriptions (if medically necessary) to your nearest pharmacy.

Confidential, convenient therapy that works

MDLIVE's counseling services are designed to work around your needs. There's no travel time and no office visit. Just log in, choose your therapist, and schedule an appointment.

Start feeling better today. Join for free and learn more about our counseling services.



Download the app.
Join for free. Visit a doctor.

MDLIVE.com/regence-wa
1-888-725-3097