

BENEFITS NEWS

April 2023

APRIL IS STRESS AWARENESS MONTH

Stress is the physical and emotional pressure, tension and strain you may feel when you are experiencing difficult and frustrating situations in your life. Stress can be triggered by large events such as the death of a loved one, an automobile accident, problems at work or natural disasters. But seemingly small events can also create stress. Being stuck in traffic, unsolicited phone calls interrupting your dinner, your neighbor's dog barking, or even waiting in a slowly moving line at the store can increase the amount of tension and anxiety we feel.



Powell's Employee Assistance Program (EAP) with ComPsych can provide professional support at no cost to you and your family members dealing with these emotions. Services are 100% confidential and counselors are available 24/7. You can reach ComPsych at 877-595-5291 or go to www.guidanceresources.com. Organization Web ID: EAPBusiness

LEARN TO LIVE



If you're enrolled in one of Powell's medical plans, you have access to Learn to Live, a digital mental health program. You'll have access to content that helps you learn new skills to get your mental health in balance. For more information on the [Learn to Live](#) program:

1. Log in at bcbstx.com.
2. Click Wellness.
3. Choose Digital Mental Health.

Or tap Digital Mental Health in the BCBSTX App.

Text **BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.