

Stress

Feeling stressed doesn't mean you're weak—it means you're human. These tools help you understand how stress affects your body and mind and offer ways to bring yourself back into balance.

Information Guide

[I'm So Stressed Out!](#)

What is stress, why does it happen and how can you manage it in a healthy way?

[What is Burnout?](#)

Learn how burnout is different from regular stress, how to recognize it, and what you can do to recover.

[How Your Body Responds to Stress](#)

Find out what physically happens when you're stressed and why learning to calm your nervous system matters.

[The Stress Response](#)

Helps you understand fight, flight, freeze and other natural responses—and how to work with them, not against them.

Video

[How Stress Affects Your Body and Mind](#)

A visual, easy-to-follow breakdown of how stress impacts your thoughts, emotions and physical health.

App

Download these apps for short sessions to help you relax, sleep better and manage anxiety in everyday life.

[Calm App](#)

[Headspace](#)