

The image is a promotional graphic for a Stress Management Program. It features a purple header on the left with the logo 'neelyeap' in a stylized orange font, with 'Neely Employee Assistance Program' written below it. To the right of the logo, the text 'Stress Management Program' is displayed in white on a dark grey background. Below the header is a photograph of five diverse people sitting in a circle, engaged in a discussion. A woman on the left has her hand on the shoulder of a man in the center. In the bottom right corner of the photo, there is a dark grey box with white text that reads 'Call Now:- (210) 523-4200'.

Stress Management Program aims to boost general well-being by providing employees and employers with the tools needed to avoid and ease workplace stress. They can be implemented in various methods, but are generally composed of educational resources and policies of the company, as well as digital applications that run through an app or wellness platform, training for management, or physical modifications to the workplace. A good example is a space in the workplace where employees are able to meet and take breaks and rewards for those who complete mindfulness training could be both a component of a stress management plan.

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