



Essential Tools for Stress Management

CREATING A HAPPIER, HEALTHIER YOU

Stress can show up in our bodies as insomnia, headaches, stomach troubles, back aches and more. Stress at work can cause burnout, anxiety and depression.

The good news? You can counter it by tapping into “Essential Tools for Stress Management” from studio BE.

I.C.A.N.

- INSPIRE people to prioritize self-care
- CONNECT participants with activities to support social well-being
- ALIGN studio BE programming with the unique needs of your organization.
- NURTURE kindness, empathy, and compassion

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BE CURIOUS. BE CONNECTED. BE WELL