

we're so glad you're here!

Welcome to My Stress Tools

Each month you'll get an email like this about reducing stress, plus a stress tip or relaxation technique for you to try. Your level of participation in this program is entirely up to you.



My Stress Tools includes unlimited access to the online resource MyStressTools where a lot of your learning about stress will take place. At the web portal, you'll be able to log into your own PRIVATE home page and take a stress test that will generate a tailored "resources for you" section based on your results, keep a journal, participate in 30 day programs, listen to our Destination Relaxation videos and so much more.

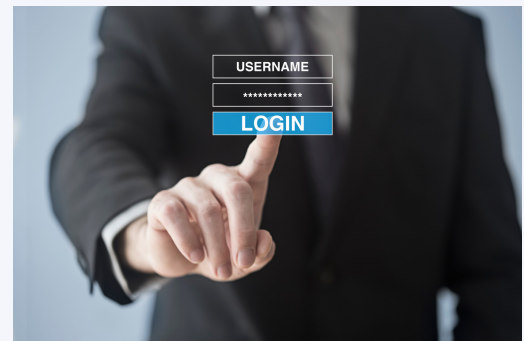
We believe that by learning stress management in this way – spread out in bite-sized chunks over a whole year – you'll be much more likely to make behavioral changes that last. Gradually you'll come to thoroughly understand WHY you need to manage stress, exactly WHAT behaviors you need to change to do this and HOW to go about changing those behaviors, so you can maintain your new lifestyle changes over time.

We look forward to working with you!

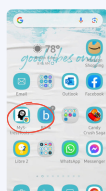
LET'S GET STARTED!

- Go to the [MyStressTools.com Registration Page](#)
- Follow the prompts and fill in your information to Register for MyStressTools
- After you have registered, go to MyStressTools.com to login

Once you've logged in, you will be at the homepage. You can change your password at any time in the Account Preferences section.



Add to your homepage as a shortcut!



[Join our My Stress Tools Subscribers Group!](#)