



Stress Management and Mental Wellness

Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems. Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being.

Do you need help figuring out how to manage your stress levels?

Work, Family, Life — stress can affect all avenues of how we live. Why not take the time you need to find better solutions for your stress management goals?

It is time to reach out to your Merritt Clubs Certified Health and Wellness team. We provide the answers you need to take better care of you.

- Learn to become more present and mindful
- Show up fully for family, work and yourself
- Prioritize your own needs and implement real self-care routines in your daily life

*To schedule your session, contact
Sean Doyle at sdoyle@merrittclubs.com.*

Pricing (30 minute session):

**Members:
\$45 per session**

**Non-members:
\$60 per session**

Connect with us!



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