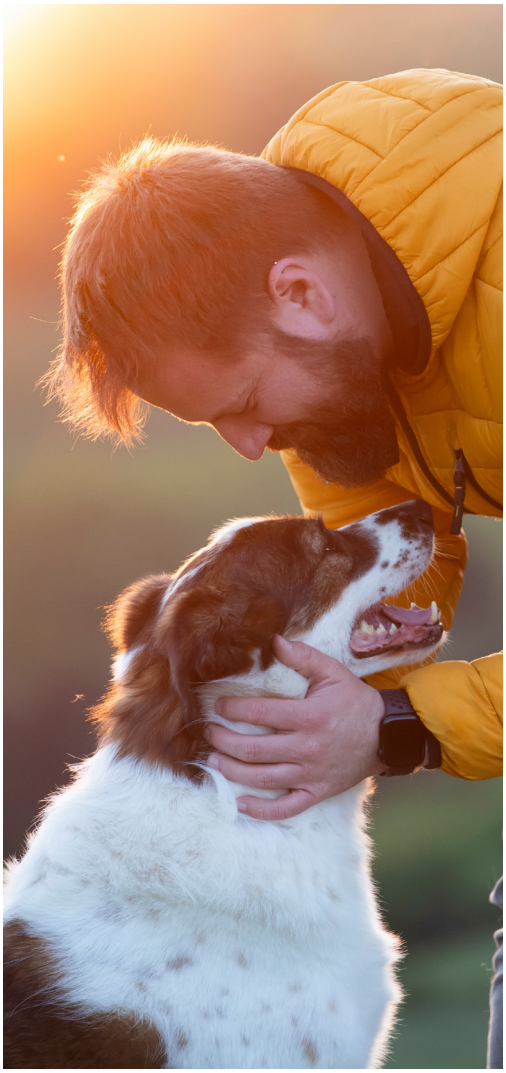


Lucet™ | Employee Assistance Program

Understand Stress and *Feel More in Control*

Stress shows up in all of our lives — but knowing how to recognize it and respond to it can make a big difference in your overall well-being. This month, we're focusing on practical ways to understand the signs of stress and reduce its impact on your mind and body.

Stress Management: Is It Possible?

Balancing both personal and working lives is complicated and stressful. Discover 15 ways to reduce stress.

Stress & Worrying

Are you a chronic "worrier?" Learn to reduce the intensity and symptoms of stress with these simple tips.

Stress, OUT! Curbing Chronic Stress

Life stressors are inevitable, but learning to regulate ebbs and flows can make a big impact on our wellness. Shawna Sielert, a Licensed Professional Counselor, shares how in this video.

Stress Management Resource Library

The first step to handling stress well is to notice its signs so you can take action and protect your health. Access tools and tips that can help you manage stress today.

March 2026

Work Well.
Live Well.

Get started with your EAP by joining this month's free webinars:

Dealing with Grief and Loss
Wednesday Mar 18, 2026
Morning - 12PM - 1PM EST
Afternoon - 3PM - 4PM EST

Coaching Employees for Success
Wednesday Mar 25, 2026
Morning - 12PM - 1PM EST
Afternoon - 3PM - 4PM EST

✦ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

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