



Struggling with stress?

Stress Management Coaching from TELUS Health can help.

Stress – we all experience it. Some stress – called positive or eustress – is useful, helping to motivate us to move forward, reach our goals, and most importantly, to avoid danger. However, a prolonged, high level of stress is negative stress, and can compromise wellbeing. If unmanaged, it can contribute to more severe health issues including physiological symptoms; depression, anxiety and burnout; and even chronic disease.

- Individualized support from a qualified health coach who can help you become more aware of your stress, how it affects you, what causes it and how to manage it.
- Designed to help you learn how to identify your personal stressors, manage your stress effectively, and perhaps more importantly, how to maintain the improvements.

Take the first step on your journey today, with professional, individualized support from the Stress Management Coaching health & wellness coaching program.

Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining a healthy stress level.

Find out more:



Web app

Click on “Life” in the top navigation then click on “Support and Resources.” Scroll down to the “Quick Links” section and click on “TELUS Health Health Coaching”.



Mobile app

Click on “Life” in the bottom navigation. Scroll down to the “Quick Links” section and click on “TELUS Health Health Coaching”.