



# Managing Life's Micro-Stressors



The accumulation of small, stressful frustrations throughout the day—sometimes referred to as “micro-stressors”—often occurs without our being aware of them. However, the impact of processing them can linger for hours or days.

Register for this live webinar on Wednesday, May 10 at 1:00 pm CT to:

- Learn the definition of micro-stressors.
- Identify common sources and causes.
- Acquire techniques for managing micro-stressors.

*\*All live webinars are recorded and posted on your member website.*

Visit [MagellanAscend.com](https://MagellanAscend.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

