

How Peer Coaching Helps You Manage Stress



More Than 75% of Adults Report Symptoms of Stress Such As:¹

- Headaches
- Trouble sleeping
- Muscle tension or pain
- Lack of focus
- Anxiety
- Chest pain
- Fatigue
- Upset stomach

When to Get Help

If left untreated, stress can lead to major health problems like high blood pressure, heart disease, and diabetes.

If you have actively tried to manage your stress, but you're still experiencing symptoms, talk to a professional who can help you identify sources of stress and learn new coping tools.²



How Peer Coaching Works

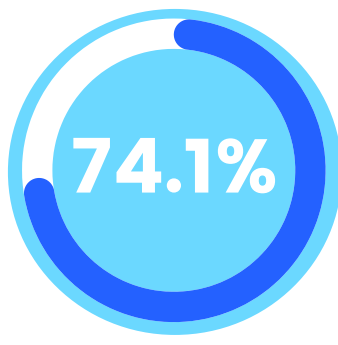
Youturn Health Peer Coaches provide one-on-one support for stress management, self-care, addictive habits, boundary setting, mindfulness, and similar topics. They are NAADAC-certified and use Assertive Community Engagement (ACE) strategies and lived experience to guide you in stress reduction by developing new behaviors, increasing family support, and promoting personal accountability.

Proven Results

An independently-validated study of people enrolled in Youturn Health's peer coaching program for stress management returned the following results:



100% of people had a decreased stress level, regardless of completing the program



74.1% of people had the lowest reportable stress level



69.6% of people who completed the program reported their stress decreased by 69.6%

How to Get a Peer Coach

Youturn Health Peer Coaches are completely confidential and provided to you at no cost through your employer.

To enroll in peer coaching:
888-520-1868
admissions@youturnhealth.com



Sources:

1. American Psychological Association
2. The Mayo Clinic