



Stress Awareness Month

Overcoming stress together

April is Stress Awareness Month — a time to recognize that stress is a normal part of life, but it doesn't have to control your day. Work demands, caregiving responsibilities and everyday pressures can quickly feel overwhelming. While stress is common, managing it is easier when you don't have to face challenges alone. Seeking support is a proactive step that can help protect your energy, focus and overall health.

Discover the full range of EAP support

Stress doesn't always stem from one major event, but builds gradually as responsibilities shift, relationships evolve and everyday demands compete for your time and attention. Having the right support in place can make those situations more manageable. Your Acentra Health Employee Assistance Program (EAP) offers:

- Confidential counseling
- Resources for dependent care, elder care and adoption
- Support for conditions such as heart disease, ADHD, disabilities and diabetes
- Legal and financial consultations
- Referrals for academic tutors, pet services and relocation

[Explore EAP benefits](#)

Mental Moment



Press pause with guided meditation

A few minutes of guided meditation can calm your nervous system, improve focus and help you reset during a busy day. Downloadable podcasts make it easy to practice breathing techniques, release tension and build resilience over time.

[Download podcasts](#)

USG in Action



Stress support across USG campuses

Across USG institutions, campuses are creating environments that support focus, balance and well-being throughout the workday.

Depending on your location, you may find:

- Quiet spaces for reflection or meditation
- Well-being champions sharing practical stress-relief tools and resources
- USG live event webinars
- Free or reduced gym memberships
- Campus walking trails
- Yoga or meditation classes

Managing stress is a shared commitment. Take time to explore the well-being resources at your campus.

Join us for live USG Well-being events

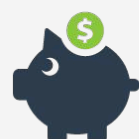
Register now to attend these upcoming events focused on...



Your Health



Your Mind



Your Finances



Our Community

APRIL 2

Food & Mood by Kaiser at 12 p.m. ET

APRIL 7

Social Security and Your Retirement by Corebridge Financial at 12 p.m. ET

APRIL 8

Effective Stress Management by Acentra Health at 12 p.m. ET

APRIL 12

Spring into Motion Step Challenge ends

APRIL 15

Navigating the Sandwich Generation by TIAA at 11 a.m. ET

APRIL 17

Tapping into Calm: Somatic Stress Management Tools by Georgia Tech at 12 p.m. ET

APRIL 21

Getting the Most from Your EAP (EAP 101) by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

APRIL 22

Investing Beyond Your Employer Plan by CAPTRUST at 12 p.m. ET

APRIL 23

Empower Your Team: EAP Basics for Supervisors by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

APRIL 24

USG Great Basics 2026 Series: Harnessing the Power of Emotional Intelligence by USG at 11 a.m. ET

APRIL 29

Campus Voices: Working Well: Tools to Manage Stress and Maintain Balance by Georgia Tech at 12 p.m. ET



[Visit the Events Calendar for upcoming events.](#)

Explore the [USG Well-being website](#) for more information.