

September 2026 EAP Webinar

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Stress Better: Return to Work After an Absence

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Transitioning back to work after a leave of absence can feel overwhelming, with stress and uncertainty looming large. In this session, we'll explore invaluable strategies tailored to empower employees in navigating this journey back into the workplace. From providing insights on how leaders can offer support and guidance, to outlining a practical six-step approach to ease the transition. Additionally, we'll delve into understanding the stress response, identifying its signs, and mastering techniques to effectively complete the stress cycle, ultimately allowing you to "stress better"!