

Behavioral Health Systems, Inc.

ONLINE WORK/LIFE

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The BHS online work/life resource contains:

Articles Videos Assessments & Quizzes Forms

**WHAT'S NEW
& FEATURED ARTICLES**

 <p>Mental Health: <u>Don't Let Anxiety Control Your Life</u> Anxiety is familiar to everyone due to the many stresses and complexities of modern life. But about 25 percent of U.S. adults have a serious problem with anxiety at some time in their lives. Here you will find coping strategies that can help you face serious anxiety.</p> <p>MORE</p>	 <p>Balanced Life: <u>Superparents Don't Exist</u> Have you ever met a superparent? This mythical person holds down a demanding job, cooks elaborate meals every night, maintains a spotless house and never loses his or her temper. Chances are you've never seen one of these people, even when you look in the mirror. That's because superparents exist only in your imagination. Here are some things to keep in mind when you find the specter of the superparent lurking on your shoulder.</p> <p>MORE</p>
 <p>Financial: <u>Auto Insurance Options</u> Automobile insurance is a contract between a policyholder and an insurance company to cover losses arising out of the use and operation of the automobile. Many states</p>	 <p>Health: <u>Shedding Some Light on Sunscreen</u> Summertime. Beach time. Long hours in the sun. Before you head out to the white hot sand, you'll want to pick up some sunscreen. But should you buy SPF 15? SPF 30? How</p>

The BHS online work/life resource contains information on a variety of topics, including:

Mental Health Health Financial Stress
Personal Growth Balanced Life Small Business Legal



BEHAVIORAL HEALTH SYSTEMS

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