



Accept the Healthy Habit Challenge

Mission: Wellness

Stress Management/Self-care Education

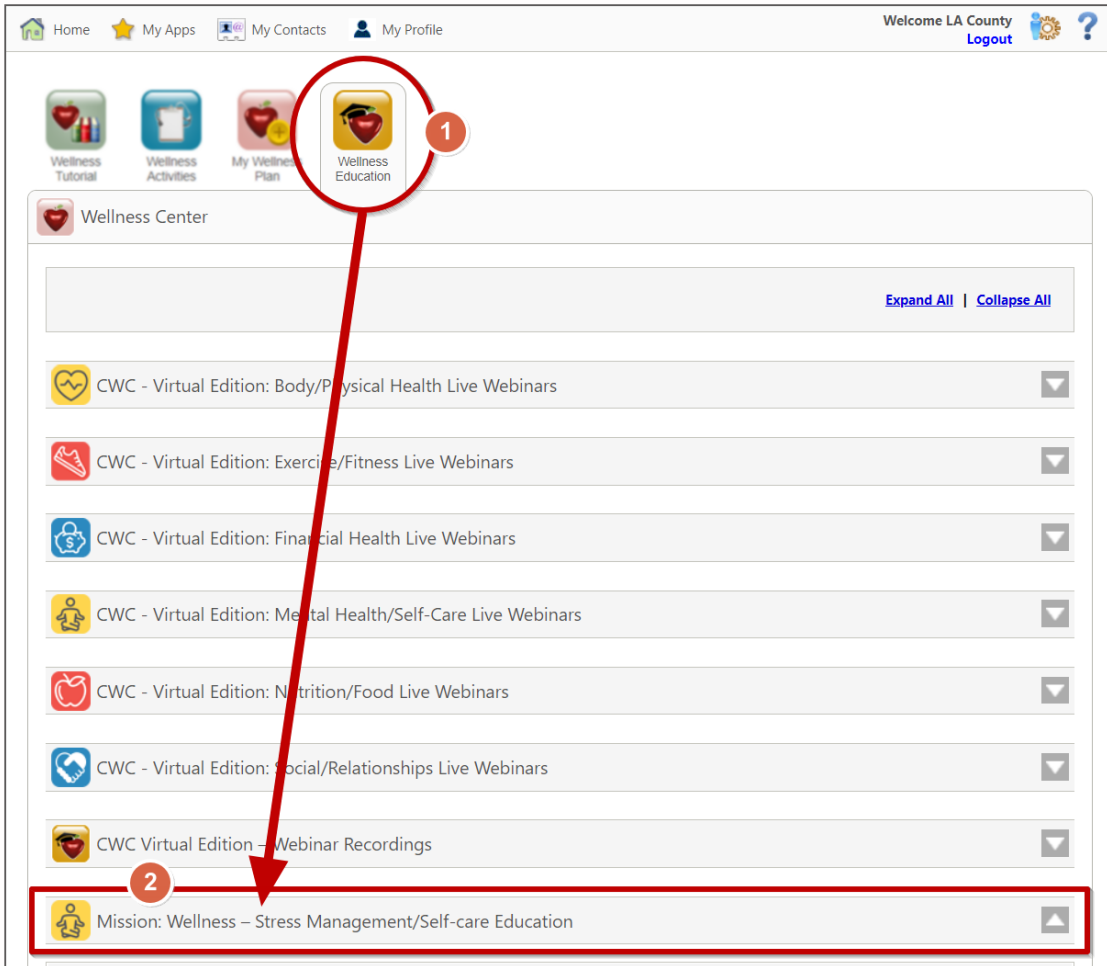
Instructions



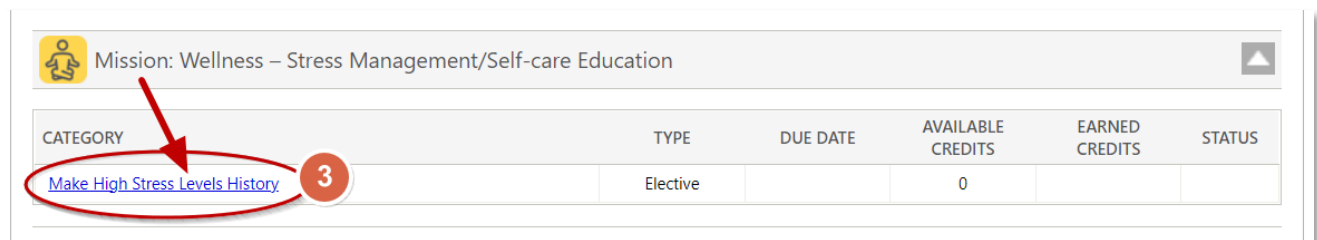
How to Access Stress Management/Self-care Education courses

Step 1 – Go to www.LACountyGetsFit.com and Login.

Click the **(1) Wellness Education** icon at the top of the page. Navigate to the **(2) “Mission: Wellness – Stress Management/Self-care Education”** section to see the list of eligible wellness courses.



Step 2 – Click on the **(3) course name** to access it.





Step 3 – Click the blue **Start Course** button or the green “Take Course” button.

The screenshot shows the course selection interface. At the top, there is a title bar with a person icon, the text 'Make High Stress Levels History', and a 'Help' link. Below this is a note: 'Note: Using the browser forward/back buttons will not save your progress, so they have been disabled. Please use the gray or blue Back/Next buttons in the bottom right of each page of the course to navigate. [Click here](#) here for more help navigating the course.' A 'Table of Contents' section is visible, with a green 'Take Course' button highlighted by a red circle. To the right, there is a blue 'Start Course' button also highlighted by a red circle. Below the buttons, there is a photograph of a man thinking, with his hand on his forehead. The text next to the photo reads: 'Stress is the body's response to any demand or pressure. Get tips on how to reduce and deal with stress. Source: eDocAmerica Health Tip. Last Reviewed: October 2023.'

Step 4 - Complete the course material. Click the **Next** button at the bottom of the page to move forward through the course.

The screenshot shows the course content page. At the top, there is a title bar with a person icon, the text 'Make High Stress Levels History', and a 'Help' link. Below this is a 'Menu' button and the text 'Take Course'. To the right, there is a 'Save & Exit Section' button. The main heading is 'Symptoms of Stress'. The text below reads: 'Major problems can be avoided if symptoms of stress are identified early. Some of the signs of serious problems with stress are:'. A bulleted list follows: '• persistent, intense depression', '• chronic sleeping and eating', '• inability to concentrate', '• outbursts of violence', '• persistent family conflict', and '• excessive drinking or drug use.'. At the bottom right, there is a 'Back' button and a 'Next' button, with the 'Next' button highlighted by a red circle and a red arrow pointing to it. A progress bar at the bottom indicates 'Page 2 of 6'.



Step 5 – After completing the course material, click the blue “**Finish Course**” button.

You will then receive a “**Course Completed**” notification, stating that you have fulfilled the requirements to complete the course. Here you can view and/or print your certificate by pressing the “**View Certificate**” button. To exit the course, click the blue “**Exit Course**” button.