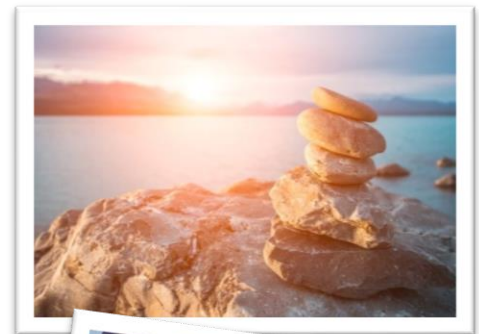


WHAT IS THE STRESS MANAGEMENT TOOLKIT?

Stress can take a toll on your personal and professional life. This toolkit contains a broad group of programs and resources to help manage stress so you can live a longer, healthier and happier life.









We invite you to browse through this toolkit and click on the hyperlinks to access the resources available to you. If you are looking for something specific, use the search function (*Ctrl F*) and type in a keyword.











WHAT'S INSIDE?

Table of Contents	Page Number
SCE Programs and Resources	2-4
Wellness at Work Resources	2
Additional at Work Resources	3
Benefit & Wellness Resources for Employees and Eligible Family Members	4
Appendix	5-10
Success Factor Courses	5
Health Plan Resources	6
Wellness Vendor Partner Resources	8
Key SCE Contacts	9
Public and COVID-19 Resources	10

Wellness at Work Resources

Program	Resources/Description	More Information
 Wellness Team	Primary resource for wellness programs, guidance and education for employees and their families	626-302-4795 PAX 24795 choosewellness@sce.com Portal > About Me > Wellness
 Wellness Presentations	Educational presentations for your workgroup to support health, safety, productivity and stress management	626-302-4795 PAX 24795 choosewellness@sce.com Portal > About Me > Wellness
 Optimal Performance Program	Tools and resources to assess key wellness areas contributing to overall performance and safety	626-302-3488 PAX 23488 scefitu@sce.com Portal > About Me > Wellness > Move More
 G.O. and Onsite Fitness Centers	<ul style="list-style-type: none"> State-of-the-art Fitness Center located at G.O.4 offering competitive rates, services and amenities On-site small, unmanned Fitness Centers at select locations 	626-302-3488 PAX 23488 scefitu@sce.com Portal > About Me > Wellness > Move More
 Wellness Walks! Paths	<ul style="list-style-type: none"> On-site safe, established walking routes with distance, time, steps and calories Maps available on Wellness Portal Page for over 35 SCE locations 	626-302-4795 PAX 24795 choosewellness@sce.com Portal > About Me > Wellness > Move More
 Mindfulness Areas	Quiet mindfulness rooms or areas to decompress, regroup and relax at select SCE facilities	626-302-4795 PAX 24795 choosewellness@sce.com Portal > About Me > Wellness > Manage Stress
 Chair Massage	<ul style="list-style-type: none"> On-site chair massage for your workgroup offered through Lodo Chair Massage Logistics and cost are the organizational unit responsibility with leader approval 	626-302-4795 choosewellness@sce.com Portal > About Me > Wellness > Manage Stress
 Wellness Vendor Partner Resources	Many of SCE's Wellness vendor partners have a variety of stress management articles, blog posts and infographics	See Wellness Vendor Partner Resources on page 8 for more information

Additional At-Work Resources

Program	Resources/Description	More Information
 <p>Changes at Work Portal</p>	<ul style="list-style-type: none"> Provides guidance on career development, interviewing skills, resume writing, stress reduction, coping with change and severance Features a change toolkit for managers 	<p>Portal > About Me > Changes at Work</p>
 <p>Delivering a Presentation</p>	<p>Guidelines on how to effectively deliver a presentation</p>	<p>Portal > Safety > Safety Team Resources</p>
 <p>Edison Safety</p>	<p>Safety tools and resources on ergonomics, emergency preparedness, industrial hygiene, EHSync and much more</p>	<p>Portal > Safety</p>
 <p>Employee Resource Groups</p>	<p>Employee-led organizations that offer opportunities to get involved, make new friends, learn from and help others, expand skills and explore job opportunities</p>	<p>Portal > Company > Employee Resource Groups</p>
 <p>Energize Career Development Portal</p>	<p>A hub of career tools and resources designed to help empower employees to take charge of their career</p>	<p>Portal > About Me > Energize Career Planning Portal</p>
 <p>Key SCE Contacts</p>	<p>Additional contacts that can provide extra support with any questions or concerns related to your stress management needs</p>	<p>See Key SCE Contacts on page 9 for list of courses</p>
 <p>Skillsoft Books and Videos</p>	<p>An assortment of books, audio books and short videos on variety of topics including Stress Management</p>	<p>Portal > About Me > My Learning > Skillsoft Books and Videos Keyword: Stress</p>
 <p>SuccessFactor Courses</p>	<p>A selection of online courses on a variety of stress management topics</p>	<p>See Success Factor Courses on page 5 for list of courses edisonlearning@sce.com Portal > About Me > Learning</p>

Benefit & Wellness Resources for Employees and Eligible Family Members

Program	Resources/Description	More Information
 <p>Employee Assistance Program (EAP)</p>	<ul style="list-style-type: none"> Online tools and education for stress management including webinars, mindfulness moments and articles Access to mental health resources including up to 5 free counseling sessions with a clinician 	<p>800-443-4474</p> <p>www.liveandworkwell.com</p> <p>Access Code: Edison</p>
 <p>EIX Benefits Connection</p>	<p>Provides assistance with company sponsored benefit plans including medical plans, life insurance, voluntary benefits, retirement plans, and 401(k)</p>	<p>866-693-4947</p> <p>www.eixbenefits.com</p> <p>Portal > About Me > Benefits > EIX Benefits Connection</p>
 <p>Financial Engines</p>	<p>401(k) plan participants can get free personalized online advice to help determine asset allocation and investment selections, or sign up for a fee-based Professional Management service</p>	<p>800-601-5957</p> <p>www.eixbenefits.com</p> <p>Portal > About Me > Benefits > EIX Benefits Connection</p>
 <p>Financial Wellness Program</p>	<ul style="list-style-type: none"> Comprehensive financial education and tools through Ernst & Young LLP (EY) at no cost, including access to financial planners Available to non-represented employees only 	<p>844-522-2058</p> <p>https://edison.eynavigate.com/</p> <p>If you have SSO set-up, click here</p> <p>Portal > About Me > Wellness > Money Matters</p>
 <p>Health Plan Resources</p>	<ul style="list-style-type: none"> Mental Health and Stress Management Resources available in all of Edison's four sponsored health plans 	<p>See Health Plan Resources on page 6</p>
 <p>Preventive Health Account</p>	<p>Reimbursement up to \$400 per year for eligible expenses related to health and wellness activities not covered by a medical/health plan</p>	<p>626-302-4795 PAX 24795</p> <p>choosewellness@sce.com</p> <p>Portal > About Me > Wellness > Money Matters</p>
 <p>Teladoc</p>	<p>If enrolled in a company-sponsored medical plan, talk to a doctor anytime at no cost to you</p>	<p>Portal > About Me > Wellness > Stay Informed</p>
 <p>The Health Advocate</p>	<p>Assistance with insurance issues, such as filing and resolving claims, scheduling appointments, finding doctors, dentists, and other providers</p>	<p>866-695-8622</p> <p>www.healthadvocate.com/edison</p>

SuccessFactor Courses



Below is a list of courses available through MyLearning on Stress Management. Click on the Course Title to be taken directly to the site. These courses are great to watch for yourself or to share during staff meetings. You can also find these courses at: [Portal > About Me > My Learning](#) (**Keyword: stress**)

Course	Description
Managing Employee Stress	Learn to recognize strategies for reducing employee stress during times of organizational change
Managing Pressure and Stress to Optimize Your Performance	People reach to high pressure differently. Learning to cope with the pressure and handling stress are very important, because you don't want the pressure to have a negative impact on your performance. In this course, you'll learn about managing stress and pressure, situations that trigger pressure, and how pressure can become stress.
Strategies for Reducing Stress	Learn strategies for reducing stress in a Customer Service environment
The Toll that Stress Takes	Learn about how stress affects your body
The Stress of Being Stressed	Understand how to categorize the symptoms of stress
Managing Personal Reactions to Stress	Match activities to the steps for managing reactions to stress
Changing Perceptions to Reduce Stress	Develop skills to sequence the steps for changing your perception of a situation in order to reduce stress
Tips to Better Cope with Stress	Recognize examples of actions and strategies you can use to cope with stress and prevent full-blown burnout

Health Plan Resources



If you are enrolled in one of the Edison sponsored health plans below, please see the plan-specific stress management programs and/or resources listed below. As a reminder, please contact your individual health plan for any questions.

Blue Shield		
800-898-7807 http://www.blueshieldca.com/edison		
Resources/Program	Description	More Information
Acupuncture and Chiropractic Services	Acupuncture and Chiropractic services available	http://www.blueshieldca.com/edison
Alternative Care Discounts	Relax and save on alternative healthcare services from practitioners participating in the ChooseHealthy® program	888-999-9452 Alternative Care Discounts <small>*please refer to SCE's Teladoc Program information – not one listed in the website above*</small>
Fitness Your Way	Get basic, multi-access to a network of gyms nationwide for \$25/month	833-283-8387 Fitness Your Way
Wellvolution	Receive customized wellness program(s) based on your health profile to help manage stress and achieve other health goals	Wellvolution

Health Net		
888-893-1572 http://www.healthnet.com/edison		
Resources/Program	Description	More Information
Active & Fit Direct	Fitness center memberships to 10,000+ gyms nationwide, plus online classes for just \$25 a month	Active and Fit Direct
Acupuncture and Chiropractic Services	Acupuncture and Chiropractic services available	http://www.healthnet.com/edison
Health Coaching	One-on-one phone support giving you unlimited access to a registered dietitian, health educator, or social worker who can help you reach your goals and sustain positive behavioral change	Health Coaching
Health Promotion Programs	Interactive way to address and improve risk factors, such as smoking, emotional health, exercise, stress and more	Health Promotion Programs
Healthy Discounts	Get valuable member discounts on health-related services such as massage therapy, chiropractor, acupuncture and other various products	Healthy Discounts
myStrength	Tools for your mind, body, and spirit. Self-help resources designed to help empower you to become – and stay – mentally and physically healthy	myStrength
Wellness Webinar Series	Engage in your health in an hour or less with a variety of wellness topics	Wellness Webinars

Kaiser Permanente 800-533-1833 (So CA), 800-663-1771 (No CA) http://my.kp.org/edison/		
Resources/Program	Description	More Information
Acupuncture and Chiropractic Services	Kaiser Members interested in Acupuncture or Chiropractic services must see an ASH group practitioner	Acupuncture and Chiropractic Services through ASH
Alternative Care Discounts	Receive 25% off provider fees for alternative care services such as massage therapy through ChooseHealthy®	ChooseHealthy
Live Better	Save on access to fitness with \$25 per month gym memberships, and discounts on exercise equipment, tracking tools, and sports apparel	Fitness Savings
Mental Wellness	Resources available to the public to support individuals and caregivers of individuals struggling with depression, anxiety, and other mental health concerns	Find Your Words
My Strength	Personalized program to explore activities and techniques to promote mental health and resilience	My Strength
Stress Management and Self-Care Resources	Audio resources and articles which teach you to identify stress and the impact it has on you so you can control it	Stress Management
Wellness Coaching	Partner with a wellness coach via free phone appointments for a customized plan using small steps to help you reach a wellness goal	866-862-4295 Monday – Friday, 7am – 7pm Wellness Coaching

UnitedHealthcare (800) 624-8822 http://welcometouhc.com/edison		
Resources/Program	Description	More Information
Acupuncture and Chiropractic Services	Direct access when medically necessary with a medical diagnosis	Acupuncture and Chiropractic Services
Rally	<ul style="list-style-type: none"> Personalized wellness portal with health surveys, and recommendations on how to move more, eat better and feel happier with simple activities Visit the Marketplace for discounts on Wellness related items 	Rally® www.myuhc.com
Real Appeal	Online weight loss program available to you and eligible family members at no additional cost	Real Appeal <i>Health insurance ID card needed for enrollment</i>
Stress Management and Mental Health Services and Resources	Articles, guides, videos, and a variety of other tools and resources on stress management, mental health, substance abuse and overall well-being	https://www.liveandworkwell.com <i>Login with the HealthSafe ID™ (same ID used for www.myuhc.com) or enter as a "guest" with the code: Edison</i>

Wellness Vendor Partner Resources



In addition to the programs and resources listed above, many of SCE's Wellness vendor partners have a variety of stress management articles, blog posts and infographics. Please click a resource below to access the site directly.

AMERICAN HEART ASSOCIATION | www.heart.org



[Fight Stress with Healthy Habits](#)

[Stop Stress in its Tracks](#)

[Loving Kindness Meditation](#)

[How to Boost Willpower](#)

MINDFUL BY SODEXO | www.mindful.sodexo.com



[Try New Things Challenge](#)

[Mindful Kids: Fun Activities](#)

OPTUM | www.liveandworkwell.com (access code: edison)



[Build Your Resilience Wellness Webinar with Dr. Dadourian](#)

[Mindfulness Moments](#)

[Relaxation Techniques for Stress Relief](#)

[Manage Stress Coloring Sheet](#)

[Build Resilience Coloring Sheet](#)

THE HEALTH ADVOCATE | www.blog.healthadvocate.com



[Stay Focused by Taking a Mindfulness Break](#)

[Live in the Moment with Mindfulness](#)

[Coping During Times of Extreme Stress](#)

[Living a Life in Balance](#)

WW | www.weightwatchers.com/us/Edison



[How to Outsmart Stress Eating](#)

[Guilt-free Guide to a Mental Health Day](#)

[Meditate When You Have 1, 5, or 10 Minutes](#)

[How to Stay Mentally Healthy](#)

CALM | www.calm.com



[Mindfulness Meditations, Sleep Stories and Music](#)

Key SCE Contacts (*listed in alphabetical order*)



The SCE contacts and resources below can provide extra support with any questions or concerns related to your stress management needs.

Name	Description	More Information
Diversity and Inclusion	Provides guidance on harassment or discrimination issues	diversityandinclusion@sce.com Portal > Org Units > Human Resources > Contact HR > Diversity and Inclusion
Employee Relations	Handles situations related to work environment, behavior, harassment, discrimination, conflicts of interest and retaliation	Portal > Org Units > Human Resources > Employee Relations
Employee Resource Groups	Employee-led organizations that offer opportunities to get involved, make new friends, learn from and help others, expand skills and explore job opportunities	Portal > Company > Employee Resource Groups
Ethics and Compliance	Oversees elements of the company's ethics and compliance programs	ethicsandcompliance@sce.com
Edison Help Line	Employees can call the Edison Help Line and feel safe to speak up, ask questions and report concerns	800-877-7089 Edison Help Line
HR Business Partners	Provides HR support across the business and HR functions to deliver value-added service to both management and employees	Portal > Org Units > Human Resources
HR Services – Employee Information Center (EIC)	Provides assistance and answers questions about company programs such as employee discounts and commuter programs	626-302-3456 PAX 23456 infocntr@sce.com HR Services Web Chat Service Portal > Org Units > Human Resources
Wellness Team	Helping employees move more, eat well, and manage stress with a variety of wellness programs and resources	626-302-4795 PAX 24795 626-302-6122 (fax) Choosewellness@sce.com Portal > About Me > Wellness

Public and COVID-19 Resources



Below are National and public resources available for you and your family members to assist with mental health and well-being.

Resource	More Information
California Coronavirus Response	Manage Stress for Health
Center for Disease Control and Prevention	Taking Care of Your Emotional Health
Kaiser Permanente	Find Your Words
Mental Health America	Mental Health and COVID-19: Information and Resources
National Alliance on Mental Health	COVID-19 Resource and Information Guide
National Suicide Prevention Line	1-800-273-8255 Text 838255
Optum: Emotional Distress Hotline and Textline related to COVID-19	1-800-985-5990 Text TalkWithUs to 66746
Optum: Free Private Mental Health Screening with Resources	www.mhascreening.org
Optum: Suicide Crisis Hotline and Textline	1-800-273-8255 Text MHA to 741741