

Give Yourself the Power!

Have you ever experienced the stress of trying to balance your work and the needs of your family? Do you have a worry or concern that you just can't shake? Was there a time when you really could have used the expertise of a child or elder care consultant? Is today the day you want to start living and feeling healthier?

It's moments like these when you realize your EAP is more than just another benefit. It's a time-saving, stress-relieving power tool that helps you do more and be more! And it's provided to you by your organization at no cost.

Here are just a few of the areas where your EAP gives you the power to be healthier, happier and get more from life.

- Improving your health and well-being
- Balancing work and life
- Exploring personal or career development options
- Managing stress; controlling depression and anxiety
- Improving relationships
- Quitting tobacco, alcohol or drug use
- Dealing with financial or legal matters
- Caring for children or aging parents
- Working through grief and loss issues

The Power of Positive Thinking

Thinking healthy is an important part of being healthy. Studies show that there's a strong connection between your mind and body, and keeping a positive outlook on life can actually help you lower your stress and stay well!

One way of doing this is by overcoming negative self-talk. Self-talk is the stream of thoughts that run through your head each day. Some of what you say to yourself is positive and some is negative. Recognize the negative and replace it with more optimistic, upbeat ideas.

But, if you have a problem that you can't get off your mind, go to your EAP's website for resources or call to speak with a trained, compassionate professional.

Be sure to check out the new website.

- Visit topic-specific centers. The in-depth information you want most is right at your fingertips in easy-to-navigate dedicated centers.
- Discover interactive wellness tools. Learning how you can become healthier and happier is empowering—and fun, too!

Log on to www.FOH4YOU.com to access "EAP Benefits" and other helpful resources in the *Spotlight* section.