

EMPLOYEE **Assistance** PROGRAM

**FEB. 2018**



Sometimes we are much harder on ourselves

than on those around us. Self-care, positive
self-talk, and practicing mindfulness are steps
to becoming your own best friend.

Your Employee Assistance Program can help with:

* Audio on relaxation, breathing,
and stress management
* Local referrals to social groups
and activities
* Skill builder training on Self-Care:
Remaining Resilient
* Downloadable wellness handbook

**CALL OR VISIT US ONLINE**

TOLL-FREE: **800-633-3353**

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

Available anytime, any day, your Employee Assistance
Program is a free, confidential program to help
you balance your work, family, and personal life.

EMPLOYEE **SUPPORT** PROGRAM

**FEB. 2018**