

At times we all are too hard on ourselves, trying to

live up to unrealistic expectations or making poor

choices that impact our physical or mental wellbeing.

But that shouldn’t be the norm. Practicing self-love

has the power to make you feel worthier to

accept the love of those around you. Let your

Employee Assistance Program help you to find

ways to be your own best friend.

**ONLINE SEMINAR**

Self-Care: Remaining Resilient

Learn to identify ongoing symptoms of   
stress and how to find a healthy approach   
to the demands of work and home.

**Visit your home page starting Feb. 20th:**

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

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

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



EMPLOYEE **Assistance** PROGRAM

**FEB. 2018**