



BOUNCE BACK

Recovering from stressful situations

Deadlines at work or responsibilities at home can raise our stress levels and lead to feelings of burnout. The ability to bounce back from that stress is called resilience. Your Employee Assistance Program is available 24/7 to help you strengthen your resilience and find ways to bounce back.

ONLINE SEMINAR

A Personal Guide to Building Resiliency and Coping with Change

It's not what happens to us but how we respond to what is happening to us.

This seminar will empower you to become more resilient.

Visit your home page starting Oct. 16th:

www.mygroup.com

USERNAME: **organization 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.