

WORK-LIFE RESOURCE AND REFERRAL

Creating a recipe for resilience



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A strategy for success— any way you slice it

When life hands you lemons,... well, you know the rest. We can't avoid adversity, but we can learn to make the most of it. By becoming more resilient to setbacks, we increase our likelihood of eventual success. To make life's challenges easier to swallow, your Work-Life/EAP service can provide resources and information on these and other topics:

- Recovering from setbacks
- Managing stress, anxiety, and anger
- Effective communication
- Creating family and workplace harmony
- Making time for yourself
- Adequate sleep and relaxation



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.