

## EAP BENEFITS

# 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 program is more than a page in your benefits book. 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 employer at no cost.

Here are just a few of the areas where your program 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

### Be sure to check out the new member 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 your program's website to access "EAP Benefits" and other helpful resources in the Spotlight section. Log on now and register with your program's toll-free number.



**Employee Assistance Program**  
**Available 24 hours**  
**1-800-424-5988**



*D. A recent Commerce Clearing House Unscheduled Absence Survey found that personal illness accounts for only 35 percent of unscheduled absences, while 65 percent of absences are due to other reasons, including family issues, personal needs and stress. Your program can help with all of these concerns and more.*



### What percentage of work absenteeism is for reasons other than personal illness?

- a. 20%
- b. 40%
- c. 50%
- d. 65%

*Check your answer on the bottom.*

## Now That's an Idea!

### 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 program's website for resources or call to speak with a trained, compassionate professional.

## Want to Know More?

Your program is a valuable resource that can help you with a wide variety of issues. It helps you deal with personal issues so you're more effective at home and at work. It helps put you on the right track to a healthier lifestyle. The following are some frequently asked questions about your program.

### Is my program a counseling service?

Yes, but it's also so much more. Your program offers a variety of informational resources including the latest online resources to help you and your family live a healthier, more rewarding lifestyle.

### Is there a cost for using my program?

There is no charge to you or your family members for services provided through your program. If you are given referrals to services outside of the program, you will be made fully aware of the costs, if any.



### When can I use my program?

Call your toll-free program number 24 hours a day, seven days a week. Help and information is also available any time online.

### What kinds of problems does counseling help resolve?

Counselors can help you with just about anything that's on your mind, such as work and family pressures, legal and financial problems, alcohol and drug use and job stress, among others.

### Will matters I discuss with the counselor be kept confidential?

Absolutely. Your privacy is protected by strict laws, regulations and ethical standards. Unless you represent a danger to yourself or others, the details of your discussions may not be released to anyone without your written consent.

*Living Healthy Working Well®*

## Your Program— Helping You in Crisis

*Expect the unexpected.* While it's a well-known phrase, few of us ever fully know what to do in a crisis. That's when your program can help. Your program is here for you and your family 24 hours a day, 365 days a year, providing immediate telephone-based crisis intervention services.

Examples of crises include:

- Loss of a loved one
- Teenage behavior problems
- Serious marital problems
- Job loss
- Legal challenges
- Alcohol or drug abuse
- Emotional distress

Whatever the problem, you can pick up the phone and call your program's toll-free number and speak with a highly qualified counselor for immediate attention to your situation.

If you have a life-threatening medical emergency, dial 911 or go to the nearest medical facility immediately. If you are in a situation that has the potential of becoming violent, call 911, get to a safe place and then call your program.