



# Be Your Best This Holiday Season

**Let the holidays bring out the best in you—not get the best of you.** The Employee Assistance Program (EAP) can help you manage holiday stress, enjoy the little things that bring you pleasure, and stay balanced. Be good to yourself and make the most of your time with loved ones to beat the holiday blues.

Contact your EAP for confidential advice on making your holidays an enjoyable and stress-free time of year so you can be at your best. The EAP offers:

- **In person, short-term counseling** on a wide range of personal and work-related concerns from licensed counselors.
- **Online information and interactive tools** on topics such as: stress and coping, family issues, personal and emotional difficulties, finances, and living a healthy lifestyle.

Employee Assistance Program  
24 HOURS A DAY

**1-800-222-0364**

(TTY: 1-888-262-7848)

**FOH4You.com**



Services are offered as a **FREE** benefit to you and your family members, and are confidential within the limits of the law.