



Live in the Moment

Life's short. Why not make the most of it? As you have likely experienced, sometimes life gets hectic—even chaotic. Learning to step back and be fully present in the here and now can have an overwhelmingly positive impact. From less stress, to better memory and focus, to savoring life's simple joys, mindfulness can serve your mind, body, and soul.

The Employee Assistance Program (EAP) can help you find your inner balance and improve your sense of well-being through:

- **In-person, short-term counseling** from licensed EAP counselors.
- **Online information and interactive tools** on topics such as: coping with stress and anxiety, self-improvement, emotional concerns, and other useful topics.

Employee Assistance Program
If it's causing stress, we can help – 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.