



# Refocus and Realign

When you're busy with work and caring for others, it's easy to forget about the biggest priority of all: you. Learn to find the balance, and align your mind, body, and spirit.

**EAP can help you 24 hours a day.**

(800) 222-0364

TTY: (888) 262-7848

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The EAP is a voluntary and confidential employee benefit available to federal employees and their family members at no cost.

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