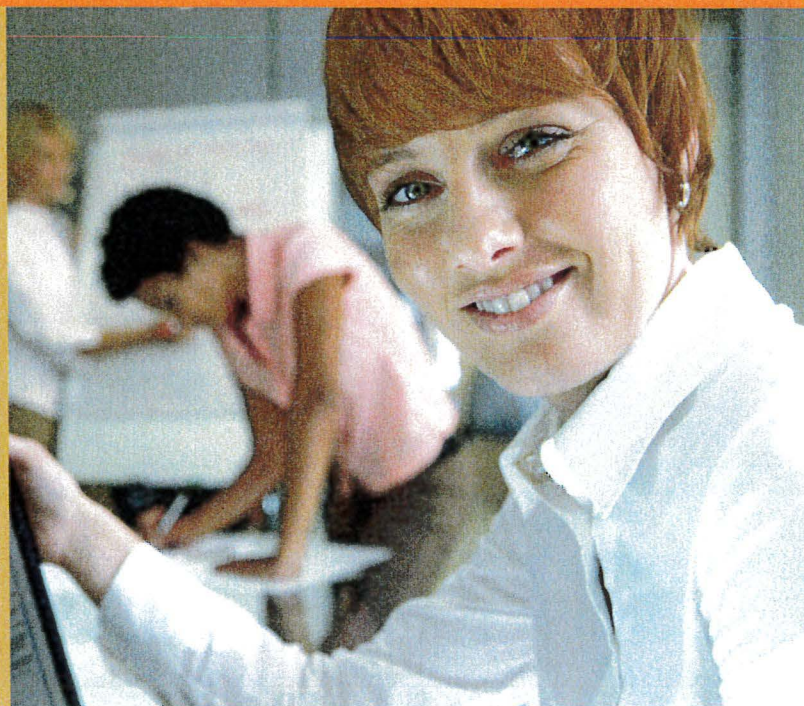


Resources *for* Living[®]

20 ways to use your Employee Assistance Program (EAP)

You've got a lot on your plate. Balancing work and family can be tough. And you probably have projects you want to spend time on, too. Sometimes it can feel like you have to do it all, all by yourself. Your EAP is a power tool you've already got in your life toolbox. You don't have to wait until things break to call us. And you know better than most, small problems like a drip under your car can be a sign of engine trouble. Take care of them early and you save yourself time and money.



We're here for small issues, big problems and everything in between. Check out this list of reasons why people often contact us.

We can help you and your family members with:

1. Managing stress
2. Parenting
3. Relationships
4. Improving your finances
5. Working through conflicts
6. Dealing with illness
7. Communicating with others
8. Growing your confidence
9. Managing anger
10. Being assertive
11. Recognizing drug and alcohol issues
12. Coping with substance abuse
13. Balancing life and work
14. Feeling overwhelmed
15. Grieving a loss
16. Caring for elderly family members
17. Meeting your goals
18. Improving your happiness
19. Coping with depression or anxiety
20. Getting the life you want

Your EAP is cost free, confidential and available 24 hours a day, 365 days a year. Call us anytime.

**1-800-272-3626 / www.mylifevalues.com
Username: PRM / Password: 8002723626**

The EAP is administered by Resources For Living, LLC.

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