

Beating Burnout



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Reclaim your life.

Burnout is more than feeling tired of the work you do. It is a toxic exhaustion that may show itself as the “straw that breaks the camel’s back.” Those with burnout experience it physically, emotionally, mentally, socially and even spiritually.

If you would like to bring the spring back into your step, we can help. Call us and speak with our consultants and counselors who will support and encourage you to take those positive steps that will make a positive impact on your well-being.

Tips to help prevent burnout:

- Talk to a counselor.
- Tend to your physical health.
- Change your routine.
- Hang around with positive people.
- Volunteer or help out your community.
- Start a new hobby.
- Set priorities.

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services