

Stress Management



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

*All counseling services are confidential
in compliance with the law.*

Need work-life balance? We can help!

Does the pace of your life have you stressed? You may be overwhelmed by trying to fit it all in, or you may be frustrated about how to grow and keep a happy balance in the rest of your life. Let licensed professional counselors at First Sun EAP help. They are trained to help with stress, anxiety, and other issues that can make life seem too hard to handle. Call today for a new perspective. For more information on this and other work-life balance topics, please visit our website.

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.

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Stress Management Tips

- ❖ Take good care of yourself. Get plenty of rest, eat healthier, and exercise for at least 30 minutes, three times a week.
- ❖ Take a step back during times of stress to examine your situation.
- ❖ Make time to be grateful. Focus on the positive things in your life—keeping a gratitude journal can help.

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

Employee
& Family

Member Services