

# The Power of Forgiveness



**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Learn to Forgive and Set Yourself Free

Letting go is easier said than done. It requires practice but is a great skill to learn. Forgiving allows us to let go of anxiety, depression, suffering, resentment, fatigue and more emotions that make us hurt.

Forgiveness improves us physically and mentally. When you give yourself permission to forgive, it can lead to positive feelings like love, joy, hope and gratitude. It can also lower your blood pressure, heart rate and stress, and lead to an increase in sleep. You can use your counseling sessions to discuss forgiveness with our licensed counselors. Please call 800-968-8143 to set an appointment.

*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**