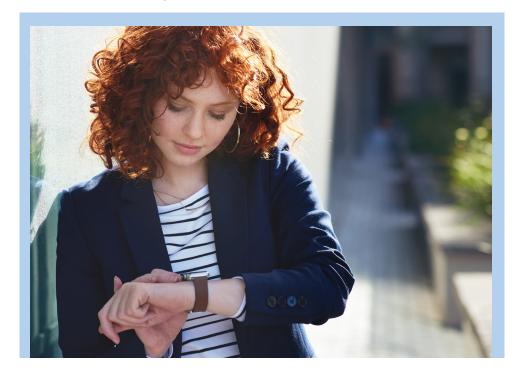


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Time Management Adopt a Strategy to Boost Your Time Management Skills

Time management is a skill many of us can improve on. Sometimes, we don't set a clear goal, underestimate the time it takes to accomplish a task, or cannot focus. Without a strategy, time management can be a serious aggravation that leads to stress, anxiety and even depression.

A licensed coach or counselor can help you manage your well-being struggles. Use your mental health sessions to see a professional at no cost. You can also visit the Well-Being Center for online resources and courses.



