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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.

Select your organization's name to register for the Well-Being Center.

Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

