



Coping with Stress

How to avoid—or recover from—burnout

Work stress impacts our personal lives, and personal stress affects our work lives. While we can't eliminate stress in either realm, we can learn how to lessen its effects.

Our qualified team offers stress management tips and even strategies to minimize future feelings of pressure. We can't guarantee a stress-free life, but we can provide healthy ways to cope.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

HELPLINE: 1-866-327-2400

WEBSITE: www.deeroakseap.com

EMAIL: eap@deeroaks.com

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.