

AUGUST 2022

Self-Care Strategy

Taking some "me time"

Taking time for yourself can help you be more mindful and present. Self-care can be a proactive way to limit daily stress. We can help you learn more.

LET US HELP

HELPLINE: 866-327-2400

EMAIL: eap@deeroaks.com

WEBSITE: www.deeroakseap.com

Always Available | Free | Confidential



YOUR EMPLOYEE ASSISTANCE PROGRAM

