

EMPLOYEE ASSISTANCE PROGRAM

BOUNCING BACK FROM ADVERSITY

Have you or a loved one been experiencing persistent sadness, anxiety, or a sense of hopelessness? Are you struggling with personal issues that impact your quality of life at home or work? While we all experience times when we feel stressed or overwhelmed, sometimes we do not see things improve even with support from family and friends.

When a mental health or emotional concern negatively impacts your daily life, your mood, and ability to function, it's time to consider getting professional help. Therapy can help with a broad range of emotional difficulties and teach you coping strategies for different situations.

Some benefits of therapy include the following:

- Therapy can help you learn about your thoughts and feelings and how they influence your behavior.
- You can gain a deeper understanding of yourself, clarify your goals, and work on habits and behaviors you would like to change.
- It is a nonjudgmental space to resolve your personal issues with guidance and support.
- You can learn effective ways to manage stress, anxiety, and depression.
- You can increase your self-awareness and learn better ways to communicate in your relationships.

Resources for help include EAP, your healthcare provider, or another mental health professional. Remember that if there is an issue in your life that is causing you emotional distress, it is best to reach out for help sooner rather than later, before it becomes a crisis.

