

LET US HELP

TOLL-FREE: 1-877-313-4455

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

YOUR EMPLOYEE ASSISTANCE PROGRAM

Taking good care of yourself

Self-care is key to our wellbeing. Make time for yourself every day. Try going outside and engaging with nature to help connect with yourself.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Be There for Yourself**

**JANUARY 2023**