

YOUR EMPLOYEE ASSISTANCE PROGRAM

Being open to new information

When you are open to receiving new ideas and information, it helps you avoid fast judgements. Being open helps you listen to other points of view and admit what you don't know.

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>

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**An Open Mind**

**JUNE 2023**