

YOUR EMPLOYEE ASSISTANCE PROGRAM

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>

**Noticing your own thoughts**

You may not be able to control the events that happen around you, but you can choose how you react. Mindfulness can help build active awareness of your thoughts.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

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

**Handling Challenging Situations**

**OCTOBER 2023**