

EMPLOYEE
ASSISTANCE
PROGRAM
APR. 2017

Caregivers spend so much time seeing to the needs of others that they have a tendency to neglect their own physical, spiritual, and emotional health. This can lead to feelings of sadness and anxiety, difficulty in relationships, and medical problems. Resilience, the ability to handle stressful situations and move beyond them, is vital for a caregiver's overall well-being. Your Employee Assistance Program can help with tools and resources to increase your staying power.

STAYING POWER

Resilience
skills for
caregivers

ONLINE SEMINAR

Compassion Fatigue: Increasing Resiliency

Caregivers often take on the emotions of those they help or rescue. After understanding how compassion fatigue can develop, you'll learn specific strategies to reduce stress and to develop resilience.

Available on Demand Starting April 18th

Online seminars can be found on your home page, or you can search for them by title.

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Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.