



Find your balance in life

Your Employee Assistance Program (EAP) can help

You keep hearing about work-life balance — but for most of us, our to-do lists keep getting longer and longer. How can you be a great employee, friend, family member and parent, and still have time for you? Ask your Employee Assistance Program (EAP) for help. You'll learn how to get support from others and how to manage demands.

Log onto our website this month to read these feature articles:

- Achieve a better balance in your life
- Rein it in: Stopping the stampede of work demands
- Delegate! Tips for whittling down your to-do list
- Parenting and working at home: Is it for you?



Visit [anthemEAP.com](https://www.anthemEAP.com) Login: Commonwealth of Virginia or call 1-855-223-9277 for confidential help — at no extra cost.*

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* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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