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1-855-223-9277 for confidential help at no
extra cost.*

Take time to unplug

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Your Employee Assistance Program (EAP) can show you how to reduce technology overload

Don't miss out because you're stuck on your devices. Schedule some "no technology" time, reduce distractions, and learn how to practice mindfulness. Your Employee Assistance Program (EAP) can show you how to stress less and give you tips for spending more quality time with those around you. A few minutes on the EAP website can provide you with tools and resources to help you better manage your time.



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

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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