

JANUARY 2020



Managing Your Money

Financial success begins with a plan

Turn your financial goals into a step-by-step plan. Whether you're starting an emergency fund, paying off debt, or dreaming of retirement, we'll connect you to experts who can help. They'll help you create a strategy to budget, save, and invest your way to success. The first step of your plan is a phone call: Contact us today.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL-FREE: 800-822-4847

WEBSITE: www.lifeserviceseap.com

YOUR EMPLOYEE SUPPORT PROGRAM

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

FEBRUARY 2020



The Art of Expectation

The perfect plan allows for imperfection

Setting expectations is an art: Anticipating perfection results in frustration, but underestimating potential creates tedium.

We can help you set realistic goals, anticipate challenges, and remain flexible. These skills allow us to create realistic expectations with ourselves and others, so that we feel proud of what we've done, not frustrated by what we couldn't do.

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MARCH 2020



Promote Yourself

Boost your career performance

Public speaking. New software. Sharpened focus. Team building. What new skills could improve your work performance?

Whether you want to earn a new certification, register for an online course, or connect with a mentor, we can help you develop strategies to build your professional skills and relationships. Learn to move ahead without burning out. Let us tell you more.

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APRIL 2020



Communicating with Kids

Create productive discussions at home

Our toughest conversations can happen with our closest loved ones: our children. Whether it's initiating a tough talk or simply reinforcing good manners, a discussion with children presents unique challenges.

We offer strategies to foster healthy family communication, and we can even connect you with local workshops and activities to do with your children. Contact us to learn more.

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MAY 2020



Supporting Aging Parents

We help the kids become the caregivers

Caring for aging relatives requires a lot of logistics and love. Let us help you with the former so you can focus on the latter.

We can connect you with local providers that offer care for seniors, including senior activity centers, in-home care services, and even food delivery options. Don't face caregiving alone. Learn how we can help.

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JUNE 2020



Healthy Disagreement

You may need more conflict, not less

Conflict isn't a bad word. When we approach conflict as "us versus an issue" and not "me versus you," conflict becomes meaningful, creating better decisions and stronger relationships.

To improve your conflict resolution skills, contact our experts. We offer strategies for productive conflict, and can connect you to mediation services and communication courses to create a healthy conflict style. Learn more today.

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JULY 2020



Embrace Adventure

New challenges inspire self-growth

Ready for a thrill? Perhaps exploring a distant place or tackling a new challenge? You should: Adventures can boost our self-confidence, problem-solving, and creativity.

We can help you brainstorm travel ideas and even help arrange transportation. If you prefer to stay closer to home, we can connect you with social groups and local getaways. Begin your next adventure today!

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AUGUST 2020



Outsource Your Errands

Let us become your personal assistant

Feeling daunted by your to-do list? Give some tasks to us. We offer provider referrals, from mechanics to plumbers to food delivery services, and can even confirm their appointment availability.

By helping with your errands, we hope you'll spend more time on you. Perhaps you'll begin a new hobby or plan a trip. We can even offer ideas for those!

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SEPTEMBER 2020



Living with Balance

Prioritize time away from work, too

Connecting is easy: Work is just an email, call, or text away. Disconnecting, however, can be tough.

We want to help you achieve a healthy balance. Our work-life team offers tips on prioritizing free time, and we can even help you find nearby activities to help you unwind. If you're feeling burnout already? Our qualified team can help you cope.

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OCTOBER 2020



Be Kind to You

Mental health resources are here to help

October brings World Mental Health Day, and with it, a good time to reflect on our mental health.

Do you struggle to remain positive or to recover from setbacks? That's normal. Positivity and resiliency often require work, and sometimes, outside help. Our qualified staff offers confidential consultations to answer your mental health questions and to offer assistance—any time, every day.

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NOVEMBER 2020



Coping with Stress

How to avoid—or recover from—burnout

Work stress impacts our personal lives, and personal stress affects our work lives. While we can't eliminate stress in either realm, we can learn how to lessen its effects.

Our qualified team offers stress management tips and even strategies to minimize future feelings of pressure. We can't guarantee a stress-free life, but we can provide healthy ways to cope.

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DECEMBER 2020



Being Thankful

Gratitude gives back to the grateful

Try something. Think of three things you're grateful for, major or minor. Have them? Chances are, you're a bit happier. Embracing gratitude creates positivity and builds emotional resilience.

If you struggle with gratitude—or negatively compare your life with others'—we can help reframe your view. Gratitude isn't just nice; it's important. We can help you find it.

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