

# Resources *for* Living®

## 20 ways to use your Employee Assistance Program (EAP)

You've got a lot on your plate. Balancing work and family can be tough. And you probably have projects you want to spend time on, too. Sometimes it can feel like you have to do it all, all by yourself. Your EAP is a power tool you've already got in your life toolbox. You don't have to wait until things break to call us. And you know better than most, small problems like a drip under your car can be a sign of engine trouble. Take care of them early and you save yourself time and money.



**We're here for small issues, big problems and everything in between. Check out this list of reasons why people often contact us.**

We can help you and your family members with:

- |                              |   |                                       |
|------------------------------|---|---------------------------------------|
| 1. Managing stress           | 8. Growing your confidence              | 15. Grieving a loss                   |
| 2. Parenting                 | 9. Managing anger                       | 16. Caring for elderly family members |
| 3. Relationships             | 10. Being assertive                     | 17. Meeting your goals                |
| 4. Improving your finances   | 11. Recognizing drug and alcohol issues | 18. Improving your happiness          |
| 5. Working through conflicts | 12. Coping with substance abuse         | 19. Coping with depression or anxiety |
| 6. Dealing with illness      | 13. Balancing life and work             | 20. Getting the life you want         |
| 7. Communicating with others | 14. Feeling overwhelmed                 |                                       |

Your EAP is cost free, confidential and available 24 hours a day, 365 days a year. Call us anytime.

**City of Punta Gorda**

**1-800-272-3626 / [www.mylifevalues.com](http://www.mylifevalues.com)**

**Username: PRM / Password: 8002723626**

**The EAP is administered by Resources For Living, LLC.**

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