

You can't pour from an  
empty cup

meditate

set  
boundaries

Journal

prioritize  
rest

drink  
water



Taking care of your mental and emotional health is essential to being your best self for your loved ones, work, and your dreams. Self-care isn't a luxury - it's a necessity.

To make an appointment with a counselor,  
reach out to us at 800-526-3485



Solutions EAP provides **free, short term, and confidential** counseling for employees and their families.

seek  
therapy



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[info@solutions-eap.com](mailto:info@solutions-eap.com)