



GuidanceResources®

How your EAP Can Help: Easing Anxiety

Hanna had always suffered from anxiety, but her recent divorce had made things worse. As a result, her work was piling up as she lost focus, provoking even more stress and anxiety. She decided to reach out to the Employee Assistance Program (EAP) for help.

How the EAP helped:

- Fearing that the stress would only worsen if she didn't get help, Hanna called the toll-free number and spoke to a GuidanceConsultantSM, a master's- or PhD-level counselor, who connected her with a local counselor.
- The counselor suggested several relaxation techniques to reduce stress levels and induce a more peaceful mindset, as well as time-management and other techniques to organize and de-stress her work life.
- Hanna chose to concentrate on yoga and meditation, which suited her lifestyle and which she could easily practice at home. She was also put in touch with a local divorce recover support group, which she started to attend
- Since then, her stress levels have fallen, her work-life balance has improved and she has really enjoyed feeling clear-headed and on top of her work.

Remember, you can contact the EAP 24/7 for assistance and resources for any issues you face.

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