



# More Power to You

**Relax and recharge, so you can be at your best.** Finding free time may seem difficult, especially with all your commitments and responsibilities. But that's all the more reason to take time to unwind—and come back feeling rejuvenated. Relaxation can help you reduce stress, enhance your mood, and bring balance and inner peace.

Contact your EAP today for confidential advice on connecting meaningfully with others through:

- **In person, short-term counseling** from licensed counselors.
- **Online information and interactive tools** on topics such as: coping with stress and anxiety, balancing work and family, self-improvement, emotional concerns, and other useful topics.

Employee Assistance Program  
If it's causing stress, we can help – 24 hours a day

**1-800-222-0364**

(TTY: 1-888-262-7848)

**FOH4You.com**



PSC

EAP  
We care, just call.



FEDERAL  
OCCUPATIONAL  
HEALTH

Services are offered as a **FREE** benefit to you and your family members, and are confidential within the limits of the law.