

Employee Assistance Program - ComPsych

Dear Valued Employee,

As we enter the holiday season, individuals continue to confront an array of challenges. Now, more than ever, we urge you to make the most of the resources, tools and support provided by your ComPsych Employee Assistance Program:

The resources below contain tips for coping with holiday stress and uncertainty:

[Handling Holiday Stress](#)

[Video - Resilience in Stressful Times](#)

[Coping with a Traumatic Event](#)

[Holiday Resource Guide](#)

Once you have decided on a New Year's resolution, it is your job to actually implement the change into your life. Here are some things you can do to help make your resolution a reality.

[Making Your New Year's Resolutions Count](#)

Take advantage of the following resources, which explore how to eat right, prevent emotional eating, and maintain healthy cholesterol levels.

[Eat Right Toolkit](#)

[Emotional Eating](#)

[Healthy Cholesterol Levels](#)

Utilize the resources below to support your well-being efforts.

[What to Expect When Reaching Out - Video](#)

[Mindfulness and Relaxation Toolkit](#)

Please stay safe and don't hesitate to reach out to us or your leaders if there is anything we can do to help.

Kind Regards,
The Benefits Team