

## YOUR EMPLOYEE ASSISTANCE PROGRAM

# *Disaster Preparedness— Emotional support when you need it*

If the stress of the current public health emergency is affecting your emotional wellbeing, consider building your resiliency by focusing on the things within your control:

- Protect your physical health by eating right, exercising, getting good sleep and keeping a regular routine.
- Support your mental health by obtaining information and updates from reputable sources and limiting exposure to repetitive news cycles or social media.
- Focus on your emotional wellbeing by making time to destress, practicing breathing or relaxation exercises and redirecting negative thoughts.
- Need help with this stressor? Your Employee Assistance Program can help. Access timely articles on our website or connect to a counselor by phone.



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: **800-847-7240**

WEBSITE: **[www.my-life-resource.com](http://www.my-life-resource.com)**

USERNAME: **hmsa**

PASSWORD: **myresource**