

Anxiety and Stress

Each of us can occasionally run into problems that affect our work performance. When personal issues interfere with your responsibilities as a parent, spouse or employee, the EAP can help.

Remember, the EAP offers confidential counseling sessions that can help you get “back on track”.

Not sure if EAP services are right for you? Take this simple test and see for yourself.

Answer the questions below:

- | | |
|---|-----|
| 1. Are you fatigued, sleepless? | Yes |
| 2. Are you irritable, anxious or depressed? | Yes |
| 3. Has your appetite changed drastically? | Yes |
| 4. Are you experiencing constant headaches, backaches or chest pains? | Yes |
| 5. Do you feel numb, overwhelmed or out of control? | Yes |
| 6. Are you arguing with your spouse, children or other family members frequently? | Yes |
| 7. Are you having shortness of breath? | Yes |
| 8. Do you find it difficult to control your temper? | Yes |
| 9. Are you having muscle spasms? | Yes |
| 10. Do you find yourself crying for no reason? | Yes |

If you answered yes to more than three questions; you may need more than simple relaxation techniques. You may want to consider asking a professional EAP counselor for help.

We can be reached at 1-866-327-8242.