



Globally
Strengthening People • Performance • Productivity



ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM APRIL 2017

Face the challenges of caregiving and avoid burnout by learning how to become more resilient in times of stress. Your ENCOMPASS Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Articles and tip sheets on caregiving and caregiver support
- Skill Builder training on self-care for remaining resilient
- Referrals to community services and respite care
- Video on relaxation and mediation

STAYING POWER

Resilience
skills for
caregivers

MONTHLY PODCAST:

Caregivers often take on logistics, care responsibilities AND emotions. After understanding how this impacts YOU as the caregiver you'll learn some specific strategies to take care of yourself in the midst of caring for your loved one.

TOLL-FREE: **800-788-8630**

WEBSITE: **www.encompass.us.com**

Available anytime, any day, ENCOMPASS is a free, confidential program to help you balance your work, family, and personal life.