



# BFF

## Being your own best friend

Sometimes we are much harder on ourselves than on those around us. Self-care, positive self-talk, and practicing mindfulness are steps to becoming your own best friend.

Your ENCOMPASS Employee Assistance and Work/Life Program can help with:

- Audio on relaxation, breathing, and stress management
- Local referrals to social groups and activities
- Skill builder training on Self-Care: Remaining Resilient
- Downloadable wellness handbook

### MONTHLY PODCAST:

Learn to identify ongoing symptoms of stress and how to find a healthy approach to the demands of work and home.

### CALL OR VISIT US ONLINE

TOLL-FREE: 800-788-8630

WEBSITE: [www.encompass.us.com](http://www.encompass.us.com)

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



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Strengthening People • Performance • Productivity