



# Stress overload? *Your EAP can help!*

Stress is one of the main reasons people turn to ESI EAP for coaching and counseling. A stress overload can hurt your health. Stress is linked to **diabetes, heart disease, weight gain, and other medical conditions.**

## Your EAP stress resources can help!

The pandemic has been kicking everyone's stress level into overdrive! If things seem to be too much for you or a family member, ESI EAP offers a variety of stress management resources to our employee Members, including:

- 24-7-365 access to experienced Counselors via our helpline
- Telephonic one-to-one Coaching programs in Stress Management
- Self-Help Resources at [www.theEAP.com](http://www.theEAP.com)
- Stress Management & Resilience Trainings

To access a Counselor or a Stress Coach, simply call:



**1-800-252-4555**

To access online support resources, simply login at:



**theEAP.com**