



DON'T OVER DO IT!



Contact your EAP for
confidential counseling and
assistance any time!

Too much:

- Eating
- Drinking
- Buying
- Over committing
- Television viewing
- Internet use

... can leave you feeling uncomfortable and frazzled.

Pace yourself:

- Eat and drink in moderation.
- Curb your spending.
- Learn to say no!

An employee assistance professional can offer help with overeating and drinking, compulsive shopping and hoarding, or time management and over extending yourself. Phone calls are answered 24 hours a day, 7 days a week.