

LET'S TALK: WHAT NOW?



**MAKE SELF-CARE A PRIORITY
PRACTICE SELF-COMPASSION
REACH OUT TO OTHERS**

If you want support or are experiencing situations like the following, therapy may be helpful:

- *Unresolved grief or loss*
- *Past unresolved traumas resurfacing*
- *Your thoughts, feelings, or behaviors are affecting your quality of life (such as not sleeping well, using unhealthy coping behaviors, or not doing things you usually enjoy)*
- *You feel distressed about your emotional wellbeing*
- *You feel hopeless or emotionally run down*

**Contact Southwire EAP at 855-779-2857 or
www.liveandworkwell.com code: Southwire**