
EAP STUFFERS - MAY 2005

This material is available for you to use, duplicate and distribute to your employees and may be used as inserts, tabletop pieces, or stuffers in mailings.

Stress—it's everywhere!



If this is how you feel, perhaps it would help to talk to someone. If stress is not kept in check it can cause physical and emotional problems. Call Alliance Work Partners today. AWP's trained professionals can consult with you on strategies to reduce stress in your life.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Making just one change in your life can impact everything.



Sometimes it can feel overwhelming if we try to make lots of changes in our lives all at one time. Try concentrating on one change at a time—it will feel more manageable. For more information, call Alliance Work Partners today. AWP's trained professionals can help you identify ways to positively manage change in your life.

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