



## **50 Ways to Use Your EAP: Making the Most of Your EAP Benefit**

If you're waiting to take advantage of your Employee Assistance Program (EAP) benefit until something major happens—you're missing out on using a significant part of your benefit. In good times and bad, VITAL WorkLife is here to serve as a sounding board, offer suggestions, point you toward resources and enhance your life.

There's no limit to the number of times you and your family members can call—and no limit to the ways you can put your EAP benefit to work for you.

Call VITAL WorkLife at 1.800.383.1908 any time of the day or night to:

1. Talk about something that's really bothering you
2. Get free help writing a simple will from an attorney
3. Face a phobia
4. Access resource to find care for an elderly parent while you're at work
5. Get a pep talk about your exercise program
6. Schedule an appointment for face-to-face counseling (as often as your benefit allows)
7. Figure out what kind of degree you need in order to do what you want to do
8. Handle a bully at work or school
9. Help your sister in Texas who is going through a divorce
10. Cope with a diagnosis of a serious disease
11. Discuss depression symptoms you or someone in your family is experiencing
12. Make a financial plan
13. Talk to a lawyer about your unreasonable landlord
14. Figure out if your drinking is normal
15. Hear a friendly voice when you're blue
16. Get motivated about making a change at work
17. Help a loved one get help for a drug problem
18. Learn how to meditate
19. Get tips on toilet training your child
20. Find an adoption agency
21. Assess whether it's better for you to rent or buy your next home
22. Ask about anger management classes in your area
23. Make a plan for the holidays so your mom doesn't drive you crazy
24. Get feedback on how you sound to others
25. Stop swearing
26. Locate a marital counselor for your adult son and his wife
27. Learn how to set boundaries with a co-worker
28. Parent a teen who's making your life miserable
29. Deal with an abusive mate
30. Start planning for retirement
31. Work through the loss of a loved one or friend

32. Ask a financial advisor if bankruptcy is advisable
33. Avoid the stress of planning a wedding
34. Share concerns whether your father is forgetful or has Alzheimer's
35. Learn how to manage stress
36. Research summer camps for kids of different ages and tastes
37. Review a child custody agreement
38. Intervene with a family member who resists getting help
39. Make a plan for paying off your credit cards
40. Confide about an event from your past that still troubles you
41. Improve your quality of sleep
42. Get support through a difficult break up
43. Get coaching on how to ask for a raise
44. Learn the best way to break up with someone you don't want to date anymore
45. Find ways to fill your "empty nest"
46. Find the right type of daycare for your child
47. Learn how to say no without making enemies
48. Talk to a lawyer about divorce
49. Figure out what would make you happy—and how to get there
50. Take an e-learning course on how to be a better leader

If you are unsure if we can help or not, call to find out!

**Pathways to Well Being**

800.383.1908

VITALWorkLife.com