

# 50 Ways to Use Your EAP

## Making the Most of Your Benefit

### Put Your Benefit To Work

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.

Call to speak with a representative to start the intake process. 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 anytime at **800.383.1908** to:

- 1 Talk about something that's really bothering you
- 2 Get free help with a simple will

### 3 Face a phobia

- 4 Access resources to find care for an elderly parent while you're at work
- 5 Get a pep talk about your exercise program
- 6 Receive a referral for face-to-face counseling (as often as your benefit allows)
- 7 Talk about what kind of degree you may need in order to do what you want to do
- 8 Handle a bully at work or school
- 9 Help your sister in California who just lost her job
- 10 Cope with a diagnosis of a serious illness
- 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
- 22 Ask about anger management classes in your area

### 23 Learn how to cope with difficult family members during the holidays

- 24 Get feedback on how you come across to others
- 25 Stop swearing
- 26 Locate a marital counselor for your son and his wife

- 27 Learn how to set boundaries with a co-worker
- 28 Parent a teen who's making your life challenging
- 29 Create a safety plan if you are in a high-risk situation
- 30 Start planning for retirement
- 31 Work through the loss of a loved one or friend
- 32 Ask a financial advisor if bankruptcy is your best option
- 33 Manage the stress of planning a wedding
- 34 Share concerns if your father shows signs of Alzheimer's

## 35 Learn how to manage stress

- 36 Talk with a counselor confidentially about fluid gender identity questions
- 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 past events that still trouble you

- 41 Improve your quality of sleep
- 42 Get support through a difficult break up
- 43 Use your member login to access web resources on lifestyle topics including exercise and healthy recipes

## 44 Talk to someone about a situation giving you anxiety

- 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 Identify what makes you happy—and how to get there

## 50 Take an eLearning course on how to be a better leader

