

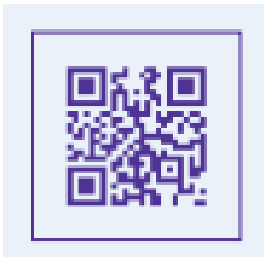


finish STRONG



Finish the year strong!

Finish the year with
gratitude and intention.



For free and confidential counseling resources, contact your local ESSP Representative
or

CDRs: Hourly – Caredon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822



The end of the year can be a stressful time.

As we near the end of the year, you might be feeling pressure to get everything on your plate wrapped up.

For free and confidential counseling resources,
contact your local ESSP Representative

or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822





Take *This* Time to Pause and Recharge

Here's how:

- Reassess your goals
 - Focus on what did get done vs. what didn't.
 - Focus on what mattered to you.

For free and confidential counseling resources, contact your local
ESSP Representative

or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822



Lb/opeiu512aftcio



REFOCUS!

Provided by:





Take ***This*** Time to Pause and Recharge

Here's how:

- Celebrate growth
 - Focus on what you learned.
- Keep moving forward
 - Break large goals into manageable steps.

For free and confidential counseling resources, contact
your local ESSP Representative

or

CDRs: Hourly – Caredon Behavioral Health: 800-227-9622
Salaried – Lyra Health: 1-877-207-9822



Provided by:

lyra

Prioritizing Your Mental Health During the Holidays

Provided
by:

lyra



Make Mental Health A Priority This Time of Year

Any time is a good time to seek mental health support!

If you're feeling overwhelmed, reach out for professional support.

Mental health care can be a lifeline this time of year.

See your local ESSP Representative for resources.



For free and confidential counseling resources,
contact your local ESSP Representative

or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822