

OCTOBER 2023

Handling Challenging Situations

Noticing your own thoughts

You may not be able to control the events that happen around you, but you can choose how you react. Mindfulness can help build active awareness of your thoughts.

LET US HELP

TOLL-FREE: 888-933-1327

WEBSITE:

<https://helpwhereyouare.com/CompanyLogin/1572/NWM>

PASSWORD: FCAC

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



EMPLOYEE ASSISTANCE PROGRAM