

---

## EAP PAYROLL STUFFERS - JUNE 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.

### **Relighting After Burnout...**



**We all have the potential for job burnout.** While it is important to recognize burnout and address it, it is also important to relight or change so burnout does not reoccur. AWP's trained professionals can help you identify ways to create appropriate boundaries when feeling overwhelmed and to gain a new perspective on a difficult situation.

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](http://www.alliancewp.com)**

### **Do you find yourself increasingly anxious when there doesn't seem to be a reason to feel that way?**

**While some anxiety is normal,** some people suffer from anxiety disorders in which an agitated, anxious state exists while other people in similar situations are calm. AWP can help direct you to professionals who can properly diagnose you and offer treatment—which can lead to a better life at both work and at home.

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](http://www.alliancewp.com)**

