

YOUR EMPLOYEE SUPPORT PROGRAM

Support with work-life balance

As the boundaries between our work and personal lives become more blurred, it can be difficult to maintain a good work-life balance. Let your Employee Support Program help by providing information and resources on setting priorities, managing your workload, protecting your private time, looking after your health and well-being, simplifying your life, and more.

- Confidential support services provided 24/7 via phone or web
- Articles and tip sheets on stress and resilience, time management, workplace communication, and how to unplug
- Audio and video on exercise, meditation, and other wellness topics
- Referrals to contractors, chore services, caregivers, and community resources
- Information on local recreation, entertainment, and personal services



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



TOLL-FREE: **833-549-3277**
WEBSITE: **www.cmgassociates.com**
PASSWORD: **Newton**