

feedback effective motivation understanding  
 communication Positivity purpose confidence  
 health proactive stress success  
 progress grief reflection focus honesty mindfulness relief  
 strategies goals Clarity pressure Problem-solving questions  
 strength depression help  
 expression solutions trust **counseling** worry support plan  
 perspective comfort confidentiality courage freedom acceptance insight support  
 accountability reflection impact restoration

Help is just a phone call away, what are you waiting for? Call us!

For confidential counseling for you and your family, contact your Best Care EAP. We're here to help.

Para el asesoramiento confidencial para usted y su familia, contacte a su Best Care EAP. Estamos aqui para ayudarle.



**BEST CARE EAP**

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**BestCareEAP.org**