



# BFF

## Being your own best friend

At times we all are too hard on ourselves, trying to live up to unrealistic expectations or making poor choices that impact our physical or mental wellbeing. But that shouldn't be the norm. Practicing self-love has the power to make you feel worthier to accept the love of those around you. Let your Employee Support Program help you to find ways to be your own best friend.

### ONLINE SEMINAR

#### Self-Care: Remaining Resilient

Learn to identify ongoing symptoms of stress and how to find a healthy approach to the demands of work and home.

Visit your home page starting Feb. 20th:

[www.uhs.net/EAP](http://www.uhs.net/EAP)

USERNAME: CVCSD

PASSWORD: employee

TOLL-FREE: 866-649-2392

COUNSELING: 800-445-3569

607-763-6474



Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.