

# *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.

WORK LIFE SERVICES TOLL-FREE: 866-849-1695

WEBSITE:

[HTTPS://WWW.SOLUTIONSBIZ.COM/WORK\\_LIFE/PAGES/DEFAULT.ASPX](https://www.solutionsbiz.com/work_life/pages/default.aspx)

LOGIN CODE: **tsg**, click “Submit” button

COUNSELING: 505-254-3555/866-254-3555