

# Employee Assistance Program

## Tips to *Enjoy a Break*



There are times we could all use a break. If you're mentally or physically tired, cut yourself some slack. If you don't take care of yourself, who will?

*Here are some simple ways to enjoy a break:*

- Try a deep breathing exercise to clear your thoughts and slow down.
- Allow yourself a little extra sleep.
- Set aside some time to play or express yourself creatively.
- Treat yourself to a walk outdoors.
- Reconnect with a friend.

**Log on to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) or call today to learn more ways to give yourself a well-deserved break.**



Employee Assistance Program  
**1-866-EAP-4SOC (1-866-327-4762)**  
TTY users should call 1-800-424-6117  
Visit us online: [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)



[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)

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