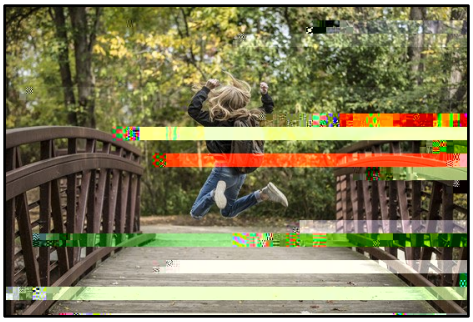
EAP

Employee Assistance Program

April 2024

Use Anticipatory Joy to Manage Work Stress



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Avoid the Stress of Last-Minute Income Tax Preparation

Additional Tips:

Best Way to Utilize a To-Do List

Mindfulness Everyday