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Job Transitions Can Be Stressful

Like any other transition in life, leaving one job and finding another can be a challenging experience. Feelings of stress and anxiety are a normal reaction. In fact, it is common for people to cycle through several stages while processing the change: **denial, anger, frustration, and eventually acceptance and adaptation.**

As you experience this transition, remember that there is help available to you and your family members from your employee assistance plan (EAP). You don't need to go it alone.



Your Employee Assistance Plan Can Help

First, you should know that counselors at the EAP are available to help you and your immediate family members 24 hours a day, 7 days a week. You can access help by simply calling 800-252-4555.

EAP counselors can help you with a variety of **life and family problems** ranging from **child or elder care** issues and **family law** to **depression** and **mental health issues**. If you are **experiencing stress related to your job change**, you might want to consider our stress assessment and counseling services. These special services are provided by our trained stress counselors who are available Monday through Friday from 8 to 5 pm EST.

We've compiled a special guide on **Job Transition Resources** to provide you with assistance in finding a new job and coping with job loss. This guide offers links to some of the best Internet resources to help you with your job transition and to prepare for and find a new job.

Visit <http://www.theeap.com/jobresources> to view this guide.

In addition, there are hundreds of tools, articles, resources and links available at our **self-help website**, www.theEAP.com. To access these resources, simply visit our site and follow these instructions:

- Click on the **"Employee & Family Login"**
- Click on **"register here" - or sign in if you have previously registered**
- Enter your employer's name and click on the **"continue"** button - your employer's name will appear; select the button and click **"continue"**
- Create your own username and password by filling out the Registration Form and then click **"continue"**. You only need to register once.

You should also review the **Tools for Tough Times** section of the website. This is an EAP information benefit designed to help you cope with today's tough financial pressures. Here are some of the issues for which you can find help in the resource center:

- Mortgages and Home Ownership
- Debt and Money Problems
- Financial Tools
- Heating and Home Energy
- Gas and Driving
- Frugal Living

Change is rarely easy, but with the right support and help, it can lead to new opportunities and personal growth. The important thing is not to go it alone – avail yourself of the help and many EAP resources to support you throughout your transition.