



1-866-660-9533

Help Starts Here.

UVM's Employee Assistance Program

Invest EAP is Here for You

Invest EAP is UVM's Employee and Household Assistance Program (EAP). We are a local, free and confidential program created to promote the health, safety and well-being of the members we serve. When you're ready to talk, EAP is here for you.

Personalized Solutions

Are you feeling the impacts of the ongoing pandemic, racial injustices, financial worries, and budget cuts? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to make an appointment online? It's easy!

Visit the UVM-exclusive site at

www.bit.ly/EAPUVM

How It Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor**. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. All of our services are currently provided by phone or video in accordance with COVID precautions.

This benefit includes everyone in your household.

Private and Confidential

Your participation in EAP is **voluntary and strictly confidential**. Your employer will not know that you contacted us or what you talked about.

I'm worried about COVID impacting my family.

It's been a hard year and now the **dark winter** makes it feel worse.

I'm really stressed about **my kids and their care** right now.

This situation feels unfair and **I feel helpless**.

Why do I feel so **angry** all the time?

Our approach is positive and proactive. EAP is eager to help you with free, confidential counseling and resources — no matter how big or small your problems might be.

Get in Touch 24/7

1-866-660-9533 (toll-free)

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

www.investeap.org
Create a Login. Organization Password: UVM

HOW TO STOP STRESS IN ITS TRACKS



1

KNOW THE SYMPTOMS

Stress is your body's way of responding to any kind of demand or threat.

List your own symptoms that may relate to stress.

- Tension & irritability
- Fear & anxiety
- Sleep problems
- Loss of appetite
- Trouble concentrating
- Stomach problems
- Anger & confusion
- Headaches & body aches



2

LEARN YOUR TRIGGERS

A number of factors can cause stress. Learning what's stressful to you can help reduce your daily discomfort.

List your own stressors.

- Family/household dynamics
- Fears over the pandemic
- Budget cuts and restructuring
- Increased workload
- Conflict with coworkers
- Change of management
- Personal matters interfering with work



3

SHRINK YOUR STRESS

Exercise and healthy habits can help you reduce tension and relax.

Discover which stress-relievers work best for you.

RELAX & RELEASE

- Breathe in, then breathe out as deeply as you can - 10 times.
- Release your muscles as you breathe.
- Focus your attention on a simple word or phrase.

GET PHYSICAL

- Stretch your arms, legs and neck.
- Write down 3 things that make you smile.
- Take a walk outside or around your work area.

STAY PRESENT

- Take a *real* lunch break and read a book or magazine.
- Leave work at the workplace.
- Call or video with family and friends after work.
- Spend time with your pet.

Want to talk about it?

Are you feeling impacted by the layers of change going on in our world? We're here to help.

Schedule a time to talk at
www.bit.ly/EAPUVM
It's free and confidential.

Call **1-866-660-9533**
to get a referral to a
counselor or resources
(toll-free and 24/7)

www.investeap.org

We take your privacy seriously. All of our services and supports are **confidential and free**. If you have questions about confidentiality, visit the Benefits tab on our website or give us a call. We are happy to explain.

