

**CARE**

OF SOUTHEASTERN MICHIGAN

WORKLIFE  
SOLUTIONS

MAY 2021

## Anxiety and Awareness

Learn about tools and  
strategies to cope

There are ways to cope with  
and manage anxiety in your  
daily life, and we can help.  
Reach out, we can connect you  
to resources today.

Always Available | Free | Confidential



Visit your home page starting May 18<sup>th</sup>

WEBSITE: [www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

Available anytime, any day,  
your Employee Assistance Program is a free,  
confidential program to help you balance your work,  
family, and personal life. 1-866-888-1555