Take a Minute to Touch Base with a NYC EAP Counselor

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PUT YOUR OXYGEN MASK ON FIRST BEFORE HELPING OTHERS.

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FLIGHT ATTENDANTS

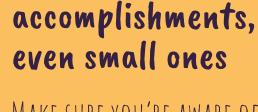
1. Text, call, email or video chat with an EAP Counselor

NYC EAP Counselors are now available:

8 am to 11 pm Monday - Friday SAVING YOURSELF FIRST DOES NOT MEAN YOU ARE SELFISH. IF YOU PASS OUT FROM LACK OF OXYGEN, YOU WILL NOT BE ABLE TO HELP THOSE AROUND YOU. SET UP A TIME AT THE END OF YOUR SHIFT TO CONNECT WITH AN EAP COUNSELOR-TO DEBRIEF OR ACKNOWLEDGE TOUGH PARTS OF YOUR DAY.

2. Keep a journal

WRITING IN A JOURNAL CAN BE AN EFFECTIVE WAY TO CLEAR YOUR MIND AND LET GO OF STRESS, PAIN AND FRUSTRATION.



3. Recognize your

MAKE SURE YOU'RE AWARE OF YOUR ACCOMPLISHMENTS - AND FIND THE RIGHT WAY TO REWARD YOURSELF FOR THEM!

4. Practice breath awareness

THERE IS NO SHAME IN FEELING STRESSED OR TAKING ACTIONS TO MANAGE IT. GIVE YOURSELF A BREAK-TAKE A WALK, LISTEN TO MUSIC OR YOUR FAVORITE PODCAST. **USE HEADSPACE**-A MEDITATION AND SLEEP APP THAT CAN HAVE A POSITIVE IMPACT ON YOUR HEALTH AND WELLNESS.





Email EAP at: eap@olr.nyc.gov or leave a message at 212 306-7660