

Take a Minute to Touch Base with a NYC EAP Counselor

“ PUT YOUR OXYGEN MASK ON FIRST BEFORE HELPING OTHERS. ”

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 accomplishments, even small ones

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.

