

**YOUR EMPLOYEE**

**ASSISTANCE PROGRAM**

LET US HELP

TOLL-FREE: 800-624-2593

WEBSITE: ww.nationaleap.com

USERNAME: YOUR COMPANY NAME

PASSWORD: YOUR COMPANY NAME

Always Available | Free | Confidential

**JANUARY 2021**

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Positive Reframing

Stepping into the new year, realistically

We can help you think about things realistically and from a point of optimism. Be present in the moment, and reframe your year.