

The juggle is real

Does it feel like you're often juggling too much in life, and you're afraid that you'll soon start dropping things? If so, you're not alone. The struggle to keep up can lead to illness, depression and strain on our most meaningful relationships. Adopting some basic stress management techniques can help.

Remember that your program is here to support you and your family in dealing with life challenges.

**Call today or log on to
MagellanAscend.com**

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831

