

Focus on what you can control

When big changes in work or home life seem overwhelming, it's natural to worry. However, most events in our lives are beyond our control. The most resilient people learn to identify those factors that are within their control and take a problem-solving approach to their situation.

If change is causing you anxiety and discomfort, access your program for information, coaching, stress management tips and other helpful resources.

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

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831

