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## October 2011 *LifeSolutions* Corner

### **“Is *LifeSolutions* the same as the EAP? I don’t need counseling, so why would I use *LifeSolutions*?”**

*LifeSolutions* and the EAP are one and the same! The name, *LifeSolutions*, better describes all that we do. We help people find practical solutions to everyday concerns, including counseling when it’s needed. Our goal is to help employees enjoy their time at home and perform better at work.

You and your household members can use *LifeSolutions* to get information and referrals for all kinds of resources, access to personal and professional skill-building, support for “figuring things out,” help with problem solving, and counseling when it makes sense.

*Information and referrals to community resources for:*

- ◆ Budgeting and debt management
- ◆ Landlord issues
- ◆ Grief support groups
- ◆ Tutoring for your child

*Coaching/skill-building for such things as:*

- ◆ Effective parenting strategies (even with that difficult teenager!)
- ◆ Increasing assertiveness
- ◆ Fine-tuning social skills
- ◆ Improving your emotional intelligence skills (to help you prepare for a promotion)

*“Figuring things out” like:*

- ◆ How do I stop living paycheck to paycheck?
- ◆ How do I work full time, take care of my family, and see to the needs of my elderly parents?
- ◆ I’m a single parent with three children; how can I manage everything?

*Problem solving for things like:*

- ◆ Making better decisions to improve your relationship with your in-laws
- ◆ Dealing with difficult co-workers who impact your ability to do your job
- ◆ Defining your role as the stepparent of two small children

Remember, *LifeSolutions* is here to help you balance life, work, and wellness! No issue is too big or too small. Don’t hesitate to call us at 1.800.647.3327 to ask questions or schedule an appointment.

Also, check out our online resources at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com). Click on the *WorkLife* Portal log in and enter your company code to find articles, resource links, webinars, and much more. (Call us if you don’t know your company code.)

Nothing in this information is a substitute for following your company policies related to information covered here.

