



## Make the Connection with Your Co-workers

We often spend just as much time - or more - with our co-workers as we do with our family members. By finding a way to connect with fellow employees, you can increase your work satisfaction as well as creating a more cohesive and productive work group. We also create a support system and create an environment where we could more easily identify when someone is struggling. Share a lunch, car pool or plan a night where you and your team all go out to dinner together.

**Having a strong connection with your co-workers makes for a much more enjoyable, productive and positive work day.**

Being connected to your family, friends, co-workers and community promotes your health and well being. If you want to learn more about building connections, reach out to your EAP. We have counselors available to assist you 24 hours a day 7 days a week. Give us a call at 800-327-4968 (800-EAP-4YOU), TTY:1-877-493-7341 or visit [EAP4YOU.com](http://EAP4YOU.com) to learn more.



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