



Are You Experiencing Burnout? Your EAP Can Help

If you're constantly stressed, feeling helpless, disillusioned, and exhausted, you may be experiencing burnout.

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

Burnout can manifest itself in a variety of ways, including the following:

Frustration or indifference toward work
Persistent irritability
Anger, sarcasm, or being argumentative
Exhaustion
Absenteeism

If you or someone you know is experiencing burnout, your EAP can help. We offer a variety of resources that can help you to regain your sense of hope, positivity, and balance in your work and personal life.

Your EAP offers around-the-clock support through a number of services and programs including:

- 24/7 in-the-moment telephonic support
- Short-term counseling (in-person, telephonic, video)
- Telephonic Life Coaching sessions
- AWARE Stress Reduction Program sessions
- Local community resource referrals
- Legal/financial consultation & resources
- Child care/elder care/daily living consultation
- Online resources via our website

CONTACT YOUR EAP 24/7

HELPLINE: (866) 327-2400

EMAIL: eap@deeroaks.com

WEBSITE: www.txhhsseap.com