Let LifeWorks help you stay resilient during times of change and transition.

Changes can test your resilience and flexibility, especially when you’re dealing with an illness or death in your family or a personal loss. LifeWorks can help. Call anytime, 24/7 to talk with a consultant who can help you deal effectively with the pressures you face, find ways to stay strong, heal, and focus on what’s important to you. Visit www.lifeworks.com to read an award-winning booklet, *Bouncing Back: Staying resilient through the challenges of life* or listen to a recording, *Growing Stronger Through Change* or a podcast, *Adjusting to Changes in Your Personal Life*. You can also check out helpful articles like

- *Coping with the Death of a Partner or Spouse*
- *How to Request Counseling Through Your EAP*
- *Ten Ways to Bounce Back*
- *Finding Strength in Family and Community*

(username: lfg; password: resources)

Call Legal, Financial & Grief Resources at 877-849-6034 anytime.  
TTY/TDD 800-561-9504  
You can also visit www.lifeworks.com