



**EMPLOYEE
SUPPORT
PROGRAM
JUN. 2017**

Ways to increase your personal well-being include connecting with others, being active, continuing to learn, and giving back.

Every day you can take steps to support your sense of personal well-being. Start today to brighten your path as you go the distance.

Your Employee Support Program can assist you with a full selection of resources:

- Articles on mindfulness, mental health and exercise, and the importance of friendships
- Audio on relaxation and breathing
- Skill Builder training on healthy communication
- Information on volunteer opportunities in your community

TOLL-FREE: 800-634-7710

PHONE: 651-642-0182

WEBSITE: www.team-mn.com



GOING THE DISTANCE

The path
to total
well-being

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.