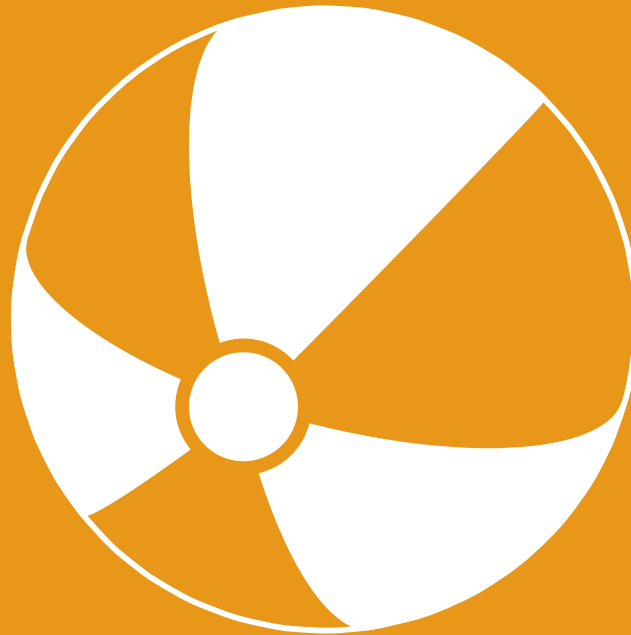




BOUNCING BACK



We all experience setbacks. Some of us are just better at bouncing back from them than others. That's called resilience, and it's not something you develop overnight. But with a little effort and assistance from your State of Idaho EAP, you can learn which strategies work best to get you back on track. Our GuidanceConsultantsSM are highly trained, caring counselors who work with you on building resilience, keeping a positive attitude or virtually any other topic, including:

- Overcoming stress, anxiety and depression
- Dealing with grief and loss
- Building better relationships
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