Several people are standing in a circle putting one of their arms up in the air so that their hands are touching. The focus is a close up of the hands in the foreground, with one person's smiling face in the background just below.



**YOUR EMPLOYEE ASSISTANCE PROGRAM**

LET US HELP

Toll-Free: 1-877-313-4455

Website: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

Your Work/Life Access Code (to logon): <ASD>

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Acknowledge and   
appreciate others**

Recognition results in motivation and positive actions. It strengthens your personal and professional bonds. We can help you to practice it.

**Recognition**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**AUGUST 2024**