A person at a beach sitting on a rock looking out over the water at the sunset, with their forearms on their knees and hands with fingertips touching in a yoga mudra pose.

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LET US HELP

Toll-Free: 1-877-313-4455

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

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

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

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**Getting Active for Mental Wellbeing**

Physical activity can be a powerful tool for your mental health. Regular exercise, even going for a walk, can boost your mood and reduce feelings of stress. Build movement into your daily routine!

MARCH 2025

**JANUARY 2024**