



The Village Employee Assistance Program:

A RESOURCE FOR YOUR

WELL-BEING

Jara Enger | Account Executive | The Village Business Institute

Many of us feel overwhelmed and stressed out by the demands of work and busyness at home. Fortunately, there are resources available to help you manage stress and prioritize your well-being. Your employer offers The Village Employee Assistance Program (EAP) at no cost to you, which provides professional guidance to support your overall well-being.

DO YOU NEED HELP?

If you find yourself answering the question, “How are you?” with a variation of “Fine. Busy.,” you are not alone. The demands of daily life can leave us feeling like we are on a hamster wheel, running in place without making progress. The first step in addressing these feelings is to recognize that it is okay to ask for help. You can reach out to a trusted friend to confide in or contact your EAP to schedule an appointment with a professional mental health provider.



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IT'S NEVER TOO LATE TO ASK FOR HELP 🍃

I'm 41 today, and I have lived with anxiety and depression my entire life. It wasn't until my early 30s that I reached out for professional help. While I have supportive people in my circle, seeing a counselor – someone with a fresh, unbiased, professional perspective – was what I needed to hold myself accountable by using coping skills to manage my stress and set boundaries in my life so that I could prioritize my well-being.



THE BEST TIME TO CALL IS NOW 🍃

If you feel like you are spinning on the hamster wheel of life, don't hesitate to reach out for help. Your Village EAP is available to you and your household members, and all services are confidential. The program provides professional guidance in many dimensions of wellness, including emotional health, relationships, chemical dependency, nutrition, finances, and legal services. Call 800-627-8220 and ask to access your Village EAP through your employer. And remember, you don't have to go it alone.

WHAT TO EXPECT IN YOUR FIRST APPOINTMENT 🍃

If you are new to seeking professional help, it's natural to feel nervous or unsure about what to expect. During your first appointment, your provider will ask questions about your general well-being and history to create a baseline for developing wellness goals. It's normal to feel relieved after your first appointment, and it can be helpful to schedule your next appointment before leaving the office.

MAKING PROGRESS 🍃

After a few appointments, you may notice that you are managing stress better and creating healthier boundaries with those around you. Seeking professional help can be a game changer in improving your overall well-being.



JARA ENGER

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The Village Business Institute

Jara is passionate about helping businesses connect with The Village's EAP through The Village Business Institute. She believes in the positive impact that The Village's services make on an organization, by supporting employees in their personal and professional lives.

She has a degree in Special Education with minors in Business Admin and Psychology from MSUM.