

# CONSCIOUS COMMUNICATION

GENUINELY CONNECTING  
WITH OTHERS REQUIRES  
A MINDFUL APPROACH.

Contact your Employee Assistance Program (EAP) for best practices on how effective communication can contribute to the success of your interactions.

The EAP is a voluntary and confidential employee benefit available to eligible federal employees at no cost.

**(800) 222-0364**

24 HOURS A DAY

**EAP**

**PSC** |  Federal  
Occupational  
Health  
U.S. Department of Health and Human Services

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