



The Benefits of **BOUNDARIES**

BOUNDARIES ARE ESSENTIAL
in various aspects of our lives,
including personal relationships,
work, and self-care.



Call your Employee Assistance Program (EAP) to understand the numerous benefits of establishing and maintaining healthy boundaries.

(800) 222-0364

24 HOURS A DAY

FOH4YOU.COM

EAP

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

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