

Working Through Times of Change

The EAP can help



Dealing with a major change at work is never easy. You may be worried about job security, changes in your responsibilities, working with new people, adjusting to new management, or other issues.

The EAP is here to provide you with free, confidential support to help make the transition a little easier and less stressful. You can contact them anytime day or night for confidential, personal support. The EAP can help you:

- understand and handle feelings of stress, anxiety, and uncertainty
- adjust to new responsibilities, new co-workers, or new ways of doing things
- identify and take charge of those areas and tasks that you can control
- look ahead and create positive plans for the future

You can also log in any time to the EAP platform login.lifeworks.com (user name: COSB password: LifeWorks) to access related articles and resources, such as:

- [Communicating During Times of Change at Work](#)
- [Managing Stress](#)
- [Teaching Yourself to Be Resilient podcast](#)
- [Thriving Through Workplace Change](#)
- [Ten Ways to Bounce Back](#)
- [Change and Resilience Toolkit](#)

Reach out anytime 24/7 for confidential and caring support

Phone number: 800.234.2939

Online: login.lifeworks.com (user name: COSB password: LifeWorks)