



**"I'M FEELING  
STRESSED"**

Dealing with stress is a normal part of life. We all experience it during times of too much responsibility, too little sleep, or external worries like money or relationships.

*Talking with a Best Care EAP  
licensed counselor can help.*

Schedule an appointment by completing the Counseling Registration Form at [www.bestcareeap.org/forms](http://www.bestcareeap.org/forms).

(402) 354-8000 or (800) 801-4182  
email: [bestcareeap.org](mailto:bestcareeap.org)



**BEST CARE**  
EMPLOYEE ASSISTANCE PROGRAM



**"I'M FEELING  
ANXIOUS"**

Feeling anxious at times is a normal part of life. We all experience it during times of too much responsibility, too little sleep, or external worries like money or relationships.

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**BEST CARE**  
EMPLOYEE ASSISTANCE PROGRAM

**"I'M FEELING  
DEPRESSED"**

**Feeling depressed at times is a normal part of life.  
We can experience it during times of too much  
responsibility, too little sleep, or external  
worries like money or relationships.**

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licensed counselor can help.***

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