



Life Is On

Schneider
Electric

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· Josh feels isolated, despite
· going to work every day. He is
· anxious and not sleeping well.
· He knows that he needs to do
· something but doesn't know
· who to turn to for help.



We help with the ups and downs of life

Josh goes to work every day, but the effects of social distancing have left him missing the personal connections he has with colleagues and friends. His poor sleep schedule increased his anxiety level, and he became more anxious about small problems at work and at home.

He decided to see how the EAP could help him and here's what he found out:

Self-care programs



The myStrength mobile app modules for stress reduction and controlling anxiety helped him develop new coping skills.

Virtual therapy



He decided to text a therapist to see what it would be like. He realized the social isolation at work and at home had affected him more than he thought. He learned how to manage his negative thoughts and boost his overall self-esteem.

Member website



He found the EAP member website to be a great resource for service provider referrals, articles and webinars on topics such as stress management.

Visit MagellanAscend.com or call 800-327-6936 to learn more about how your EAP can help.



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