



Be Kind to Yourself.

To care for others, you first need to take care of yourself.

Making healthy food choices, getting more (or better) sleep and staying active, together with other self-care practices, can help you reset and recharge your mental and physical well-being. Reach out to your Employee and Family Assistance Program (EFAP) for counselling, coaching and other supports at 1-800-663-1142 (English) or 1-866-398-9505 (French). Visit asebp.ca/mentalhealth for self-care information and advice.



IT TAKES A VILLAGE.

**#THINKSHAREHEAL
#YOURASEBP**