



# Healthy body, healthy mind

Getting a good night's sleep and adopting other healthy practices can help you manage stress and anxiety. Choose what's right for you and make it part of your everyday routine. Reach out to your Employee and Family Assistance Program (EFAP) for counselling, coaching and other supports related to improving sleep and coping with stress at 1-800-663-1142 (English) or 1-866-398-9505 (French). Visit [asebp.ca/mentalhealth](http://asebp.ca/mentalhealth) for more information and advice to boost your well-being.



**IT TAKES A VILLAGE.**  
**#THINKSHAREHEAL**  
**#YOURASEBP**