



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email – March 2023



Practicing Mindfulness

Life is hard sometimes. Stress at work or school, relationship problems, and financial difficulties can be worrying. Practicing

mindfulness can help you recover quicker and make better decisions.

Your Carelon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Develop an optimistic outlook.
- Practice self-compassion.
- Focus on your strengths.
- Build your confidence.

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104



WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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Office of Employee Benefits

One Capitol Hill, 3rd Floor

Providence, RI 02908

www.employeebenefits.ri.gov

Phone: (401) 574-8530

Fax: (401) 574-9281