

# NAVIGATING DISRUPTION

## How to Deal with Constant Change



February 2021

### SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Change is an emotional experience, whether it is happening in the workplace or your personal life. Coping strategies can help you weather uncomfortable feelings and find opportunities to learn and thrive.

Halcyon provides confidential counseling, resources and referrals to help you navigate and stay positive during life's disruptions.

### WEBINAR

Change is Constant: Tips to Help You Thrive

Available February 1, 2021  
Located in the Monthly Feature Tile

Learn what to expect emotionally during times of disruption and gain tools to help you cope.



Halcyon  
EAP

### PHONE

1-888-HAL-4800 (425-4800)  
Confidential Assistance  
24 Hours a Day, 365 Days a Year

### WEB

[www.halcyoneap.com](http://www.halcyoneap.com)

### MOBILE

