



LifeWorks (Advice to fit your life.)

Need some help handling change? Get support and ideas from LifeWorks.

Life brings all kinds of changes. Whether you're adjusting to new responsibilities at work, a new baby, a breakup or divorce, or a move to a new city, change can bring both challenges and opportunities. LifeWorks is here to provide you with free, confidential support to help you handle change constructively and positively. Consultants are available 24/7 to help you:

- understand and handle feelings of stress and uncertainty during times of transition
- get the support you need and support the people you care about
- adjust to new responsibilities or new ways of doing things

Visit www.lifeworks.com to listen to a new podcast, [Navigating Your Career in a Changing Work World](#), featuring a leading expert who shares strategies to help prepare you for tomorrow's workplace. You can also:

- listen to a recording, [Growing Stronger Through Change](#)
- take a helpful self-assessment, [Are Life Changes Causing You Stress?](#)
- read articles including [Coping with Change](#), [Getting Past Obstacles to Personal Change](#), and [Navigating Workplace Change](#)

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit www.lifeworks.com
(user id: university; password: dayton)

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