



SAND CREEK GROUP, LTD.  
RESOURCES WITHOUT BARRIERS

888-243-5744 (toll free)  
651-430-3383 (local)  
www.sandcreekeap.com

Confidential, Convenient,  
No cost to you.

## Financial Worries?

In today's economy, you may be experiencing financial stress from a number of directions. You may be feeling overloaded with debt, unable to meet your monthly housing expenses, or feel you just don't have enough money to make it between paychecks.

Your Employee Assistance Program can help. Through the EAP you can receive confidential and professional financial counseling services at no cost to you. The EAP also provides onsite trainings around a variety of financial topics.

*Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.*



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## Procrastination...It's rarely about time management

For many, procrastination is rarely about effective time management. Procrastination is usually a symptom that is reflecting some other reality we have going on; procrastination is our way of dealing with that reality. Some realities we experience that can lead to procrastination include:

- There are just too many other things to do that seem more important
- The task is hard, complicated, boring or not something you like doing
- The task doesn't seem relevant or it feels imposed
- You've had previous failures on similar tasks
- It is unclear on what is expected or what the outcome will be
- Procrastination is a way to express anger, revenge, retaliation or other feelings

To effectively address procrastination, we have to first address these underlying realities. Sometimes we may need assistance, especially if procrastination is fueled by feelings such as anger or retaliation and you're not sure how to deal with these feelings differently. Your Employee Assistance Program can provide help around this and any other work or personal issues you may be experiencing.

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## Managing Relationships

Whether they are customers, supervisors, co-workers, or family members, there are many relationships we need to manage in the course of any given day. How effectively we do this greatly affects how we feel about the other person and about ourselves. Your Employee Assistance Program can help you develop effective and positive ways to manage difficult relationships you encounter in your daily life.

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