


Step 1: Print

Step 2: Cut along the dotted line



 **Oregon State University**

Institutional Animal Care & Use Committee

First-Aid for Workplace Distress

EMPLOYEE SUPPORT - EAP

Beyond Benefits Employee Assistance Program

1-800-327-4722

<https://www.guidanceresources.com>

Register - Organization Web ID: OSUbeyond

STUDENT SUPPORT - CAPS

Counseling and Psychological Services

541-737-2131

<https://counseling.oregonstate.edu>

WHEN YOU'RE DISTRESSED...

Step away from your tasks for a moment.

Reflect on how you might be feeling:

OVEREXTENDED PREOCCUPIED

ANGRY ISOLATED SAD

UNPRODUCTIVE UNFOCUSED

What Next?:

Seek clarity and guidance on any expectations.

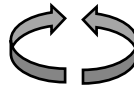
Prioritize tasks that are critical or high value.

Brainstorm ideas and a strategy for self care.

Contact EAP or CAPS for more assistance.

Remember:

Self care is self respect, not self indulgence.



Step 3: Fold in half