

## OPTIMA EAP THOUGHT OF THE WEEK – 04/09/2018

Have you ever seen a baseball card? These cards highlight players' interesting or impressive accomplishments. Whole athletic careers are condensed into a small format so that fans can easily collect and trade them.

Professional athletes aren't the only ones with remarkable achievements, however. This week, reflect on everything you've accomplished in your roles as employee, partner, parent, or friend. We're sure you'd have trouble fitting it all on a single card!



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP Employee Education and Development staff.

**Optima EAP is available to provide assistance when you experience challenges at home or at work. Please call to schedule a confidential appointment with one of our licensed clinical professionals.**

**1-800-899-8174 or 757-363-6777**

**Visit our website at [OptimaEAP.com](http://OptimaEAP.com) for additional topics and information.**

**OptimaHealth**   
Employee Assistance Program

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