



How the EAP can help with **Relationship Changes**

Why It Matters

Relationship challenges can impact:

- Mood and emotional health
- Stress and sleep
- Focus and performance at work

How EAP Supports You

EAP offers confidential guidance for:

- Friendship conflict or misunderstandings
- Processing relationship loss
- Building communication skills
- Setting healthy boundaries
- Managing loneliness or stress
- Navigating life transitions

When to Reach Out

Consider EAP if:

- Relationship stress affects your work or mood
- You feel overwhelmed or isolated
- You're struggling with a friendship change
- You want tools for stronger connections

What to Expect

- Confidential, private support
- No cost to employees
- Voluntary and easy to access

You don't have to navigate relationship challenges alone. USPS EAP is here to support employees through all types of relationship challenges.