Emotional Health

Tips for maintaining our emotional health

• Minimize use of drugs, alcohol, caffeine, tobacco/nicotine
• Stress management (hardiness) and resilience
• Stay engaged and productive
• Live within our financial means
• (Healthy) Social activity and connectedness

If you or someone you know might be struggling contact Caterpillar’s Employee Assistance Program (EAP) 24/7 at 1-866-CAT(228)-0565 or benefits.cat.com > EAP