



# Are you good?

TO: \_\_\_\_\_ FROM: \_\_\_\_\_

## Just checking in to see how you're doing today.

- \_\_\_\_ Sayin' hello!
- \_\_\_\_ Do you want to get coffee and talk?
- \_\_\_\_ Let's go for a walk.
- \_\_\_\_ I'm here for you if you need me.

## When work and life collide, it's good to know someone has your back. Like me.

### I was just wondering because:

- \_\_\_\_ It's been a while since we've talked.
- \_\_\_\_ You've been on my mind.
- \_\_\_\_ Jupiter aligned with Saturn.
- \_\_\_\_ The struggle is real.

### Please let me know if:

- \_\_\_\_ You find this annoying (because annoying is, well, annoying).
- \_\_\_\_ Salty snacks would help.
- \_\_\_\_ I should get you chocolate RIGHT NOW.
- \_\_\_\_ You're struggling and need an air hug (just honoring that 6-foot space).

### And also:

---

---

---

This check-in moment is brought to you by your Best Care Employee Assistance Program.  
Please contact us if you need us!

(402) 354-8000 (800) 801-4182  
Email: [eap@bestcareeap.org](mailto:eap@bestcareeap.org) website: [BestCareEAP.org](http://BestCareEAP.org)

