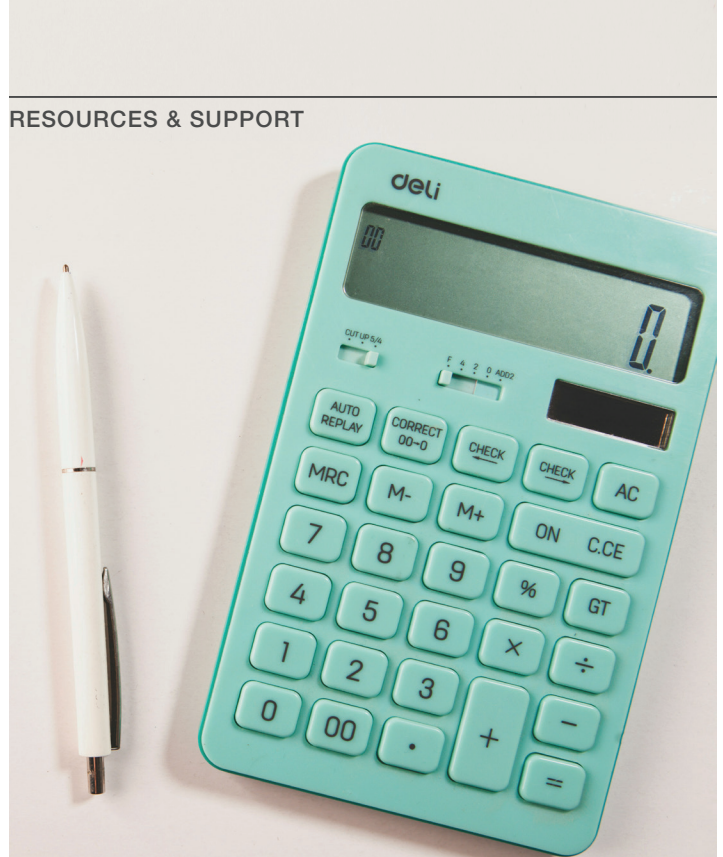


Financial Stress and Your Well-Being

Money stress affects more than your finances.



Financial stress can impact both your work and personal life. Common signs include:

- Trouble sleeping or relaxing
- Anxiety, irritability, or feeling overwhelmed
- Difficulty concentrating at work
- Avoiding bills or financial conversations

These reactions are common and understandable. Financial stress can affect anyone, regardless of income or job role, and over time it can impact health, relationships, and job satisfaction.

You don't have to wait until stress feels overwhelming to reach out. The Employee Assistance Program (EAP) offers free, confidential* support for USPS employees and their families, including guidance counseling, and referrals to trusted resources.

Reaching out is a practical step toward feeling better and restoring balance.

*The USPS Employee Assistance Program (EAP) is managed by an external organization, Lucet. All information disclosed to Lucet and its staff is confidential and is not shared with anyone, including USPS, without your written consent unless disclosure is required by law (e.g., threats of harm, child or elder abuse, and court orders).