



Employee Assistance Services

Confidential
Helpline

24/7

800.236.4457

Help and support to you
and your household
family members through
short-term counseling.

FALL TUNE UP

Just like spring cleaning, where it feels good to open the windows to let the fresh air in after you've cleaned up around the house, it's important to take care of things in the fall so you're good to go when the winter months roll around. Here are some ideas about what to look after this fall in order to rest easier this winter.

Be sure your car is winter-ready. Have fluids and tires checked and replace where you can. If it's been a while since your furnace has been serviced, call your local furnace repair service to have it looked over. If you have a fireplace, make sure the chimney is clean and that no leaves are plugging the chimney top. Check for air flow around windows and buy winterizing materials if you need to. Make sure gutters are clean after the leaves have dropped. Make sure you have batteries up-to-date in your smoke detectors, as well as your carbon monoxide detectors.

You can take care of your mental health, too! If you're susceptible to seasonal depression, your Employee Assistance Program can help you with that. Call us before the daylight gets short and your symptoms are showing. We can talk about ways to get through this winter and also give you resources you may need for long-term care. Many people do this and find it helpful in getting through the winter—consider it preventative medicine that works much like readying your home and car for the change of seasons.

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