**EAP Rep:** Vicky Harrington – 1-800-451-6324. M-F. 7:30 – 4:30PM

I woke up today with an experience that I have all to often. I woke up and tried to attack my day but couldn’t. I went downstairs and ate breakfast, then, I went upstairs and was overwhelmed with the need for sleep. I backed down and slept until noon. I awoke as if I had been in a coma and I was still dreaming. Everything feels cloudy and I can’t think. I tried to be productive at home and I put together the casserole for later tonight. After I put it in the oven, I forgot about it and I cooked it for over 2 hours. I have never done that before. I am so scared. Fortunately, our computers have been down at work so I was able to say I would work from home. So, I don’t think I will get in trouble for not going in today but I do this often… I skip work 2-3 days per week. I lie to my bnoss and then play catch up to get work done. I am so scared of losing