

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

**TOLL-FREE: 800-633-3353**

**WEBSITE: mygroup.com > My Portal Login > Work-Life**

**USERNAME: organization specific**

**PASSWORD: guest**

**Gratitude gives back to the grateful**

Try something. Think of three things you're grateful for, major or minor. Have them? Chances are, you're a bit happier. Embracing gratitude creates positivity and builds emotional resilience.

If you struggle with gratitude—or negatively compare your life with others'—we can help reframe your view. Gratitude isn't just nice; it's important. We can help you find it.

**Being Thankful**

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

**DECEMBER 2020**

