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

TOLL-FREE:

**800-633-3353**

WEBSITE:

[**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

USERNAME:

**Organization Specific**

PASSWORD:

**guest**

**A Positivity Boost**



**Techniques to improve emotional health.**

Positive emotional health is powerful. It can build stress resilience, stronger relationships, and improved physical health. And there’s more good news: positivity can be a learned skill. These tips can help you get started:

- **Manage expectations.** Recognize that it’s OK when things don’t turn out as we imagined.

- **Practice reframing.** This is a technique to identify negative thoughts and refocus mental energy on something positive within your control.

- **Count your blessings.** Making time to reflect on what we’re grateful for can make us more positive.

- **Talk to someone.** While it can be healthy to vent to a friend, you might consider using the counseling benefit of your Employee Support Program. Available around-the-clock by phone, counseling can help you gain a more positive perspective.

**YOUR** EMPLOYEE **Assistance** PROGRAM

October

***Just call or log on to get started.***

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**