



Working toward happiness

Take on 2021 with your Employee Assistance Program (EAP)

Each day, your choices, thoughts, and actions can influence your overall mood.¹ Your Employee Assistance Program (EAP) can help keep everything in perspective by showing you how to be present in the moment and create a more positive outlook.

One way your Employee Assistance Program (EAP) does this is by bringing you helpful news and articles. Log on to the website this month to check out these features on making positive changes.

- Positive reframing
- 8 steps to finding happiness
- Changing negative thoughts about yourself to positive ones
- Podcast: Creating a happiness hygiene routine



Visit anthemEAP.com or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.²

¡Lee los artículos en español! Simplemente visita anthemEAP.com y selecciona español.

¹ Mayo Clinic, *How to be happy: Tips for cultivating contentment* (Accessed December 2020): mayoclinic.org.
² In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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