



Feel the power of positivity

Your Employee Assistance Program (EAP) can show you how

Positivity can help your body, mind and spirit. And you can actually teach yourself how to feel this way! Tell yourself it's okay if things don't turn out like you planned. Try *reframing* – taking negative thoughts and replacing them with more optimistic thoughts. And it's always a good idea to talk to someone if you need help turning negative into positive. So ask your Employee Assistance Program (EAP) team of experts for help – and make a positive change.

Log on to our website this month to read these feature articles:

- Positive emotions and your health
- What is “good” mental health?
- Learning how to be happy
- How to be optimistic



Visit anthemEAP.com Login: Commonwealth of Virginia or call 1-855-223-9277 for confidential help – at no extra cost.*

¡Lee los artículos en español! Simplemente visita anthemEAP.com Login: Commonwealth of Virginia y selecciona español.

*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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