



**EMPLOYEE  
SUPPORT  
PROGRAM  
NOV. 2017**

Research has shown that people who express gratitude are happier, have better relationships, are more likely to exercise and eat healthfully, and have improved immune function. Simple acts of gratitude like keeping a gratitude journal, telling others how much you appreciate them, and volunteering can all provide powerful benefits in your mood and health. Your Employee Support Program can help you find ways to express your gratitude.

**ONLINE SEMINAR**

**The Mind-Body Connection**

Keeping the body relatively calm is crucial to well-being and optimal health. Becoming aware of how your body feels when it is under stress is important to maintain a relaxed and calm state.

**Available on Demand Starting November 21st**

Online seminars can be found on your home page, or you can search for them by title.

**TOLL-FREE: 866-649-2392**

**COUNSELING: 800-445-3569  
607-763-6474**

**WEBSITE: [www.uhs.net/EAP](http://www.uhs.net/EAP)**

**USERNAME: CVCSD**

**PASSWORD: employee**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life. If you do not know your sign-on information, please call (607) 763-6474.

**GRATITUDE  
ADJUSTMENT**

Appreciating  
all that  
is good