



ENCOMPASS EMPLOYEE
ASSISTANCE AND
WORK/LIFE PROGRAM
MARCH 2017

Just by harnessing the power of positivity, you can improve your outlook about your health, relationships, and workplace effectiveness. Learn mindfulness. Your ENCOMPASS Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Articles and tip sheets on positive self-talk and building self-esteem
- Audios on daily relaxation, optimism, and recuperation
- Referrals to social groups and volunteerism
- Information on meditation, yoga, and relaxation

TOLL-FREE: **800-788-8630**

WEBSITE: www.encompass.us.com

Available anytime, any day, ENCOMPASS is a free, confidential program to help you balance your work, family, and personal life.



**ACCENTUATE
THE
POSITIVE**

Taking a
more mindful
approach