



Globally  
Strengthening People • Performance • Productivity

## ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM NOV. 2017

Expressing gratitude feels good and has been shown to be good for your health. Take the time to stop and see all the beauty and good within and around you. Your ENCOMPASS Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Tips on cultivating contentment
- Articles on mindfulness and meditation
- Audio on stress management techniques
- Referrals for volunteer opportunities

### MONTHLY PODCAST:

The ability to reframe a situation can be very powerful in changing one's life experience. Join us to hear some tips on finding reasons to be grateful in every experience.

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

**WEBSITE: [www.encompass.us.com](http://www.encompass.us.com)**

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

## GRATITUDE ADJUSTMENT

Appreciating  
all that  
is good