



Being Thankful

Gratitude gives back to the grateful

Try something. Think of three things you're grateful for, major or minor. Have them? Chances are, you're a bit happier. Embracing gratitude creates positivity and builds emotional resilience.

If you struggle with gratitude—or negatively compare your life with others'—we can help reframe your view. Gratitude isn't just nice; it's important. We can help you find it.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

HELPLINE: **866-327-2400**

WEBSITE: **www.deeroakseap.com**

EMAIL: **eap@deeroaks.com**

YOUR EMPLOYEE ASSISTANCE PROGRAM

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.