

POSITIVITY BOOST

Improve Your Emotional Health



October 2019

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Positive emotional health can build stress resilience, stronger relationships and improve your physical health. Positivity can also be a learned skill. Practice reframing your thoughts to something positive within your control, manage your expectations and reflect on your blessings.

This program provides confidential counseling, resources and referrals to help you gain a more positive perspective.

WEBINAR

Emotional Wellness:
Building Better Mental Health
Available on October 15th

This session will provide participants with the insight and knowledge to make changes to their habits and lifestyle choices to enhance their wellbeing.



CHRISTIAN
BROTHERS
SERVICES

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.supportlinc.com

MOBILE

