

DECEMBER 2020



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.

TOLL-FREE: 1-800-822-4847

WEBSITE: www.lifeserviceseap.com

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