



ERS

Employee Resource Systems, Inc.

EMPLOYEE
ASSISTANCE
PROGRAM
NOV. 2017

Research has shown that people who express gratitude are happier, have better relationships, are more likely to exercise and eat healthfully, and have improved immune function. Simple acts of gratitude like keeping a gratitude journal, telling others how much you appreciate them, and volunteering can all provide powerful benefits in your mood and health. Your Employee Assistance Program can help you find ways to express your gratitude.

GRATITUDE ADJUSTMENT

Appreciating
all that
is good

ONLINE SEMINAR

THE MIND-BODY CONNECTION

Keeping the body relatively calm is crucial to well-being and optimal health. Becoming aware of how your body feels when it is under stress is important to maintain a relaxed and calm state.

Available on Demand Starting November 21st

Online seminars can be found on your home page, or you can search for them by title.

Go to www.ers-eap.com, enter your company's username and password then look for the SEMINAR link in the middle of the page.

TOLL-FREE: 800-292-2780

WEBSITE: www.ers-eap.com

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