

ONLINE SEMINAR

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

*(Typical seminar runtime: 20 minutes)*

LET US HELP

Visit your home page starting Tues. 1/17

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

TOLL FREE: 1-877-313-4455

YOUR EMPLOYEE ASSISTANCE PROGRAM

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The letters "eap" are below a radiating sun which contains a person with upraised arms

**Rays of Sunshine**

**JANUARY 2023**