

ONLINE SEMINAR

Starting a new habit can be transformative. Choosing gratitude can help improve your optimism and appreciation. This session will cover how to build a gratitude habit in our daily lives.

*(Typical seminar runtime: 20 minutes)*

YOUR EMPLOYEE ASSISTANCE PROGRAM

LET US HELP

Visit your home page starting Tuesday 9/19:

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

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ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**The Gratitude Habit**

**SEPTEMBER 2023**