

YOUR EMPLOYEE ASSISTANCE PROGRAM

**The transformative power
of gratitude**

Gratitude can offer strong benefits towards your wellbeing, including an increase in optimism and a decrease in stress and anxiety. We can help you build gratitude in your daily life.

LET US HELP

TOLL-FREE: 1-877-313-4455

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

YOUR ORG CODE (to logon): <ASD>

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Building Gratitude**

**SEPTEMBER 2023**