

SEPTEMBER 2023

# Building Gratitude

## 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: 888-933-1327

#### WEBSITE:

<https://helpwhereyouare.com/CompanyLogin/1572/NWM>

PASSWORD: FCAC

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



EMPLOYEE ASSISTANCE PROGRAM