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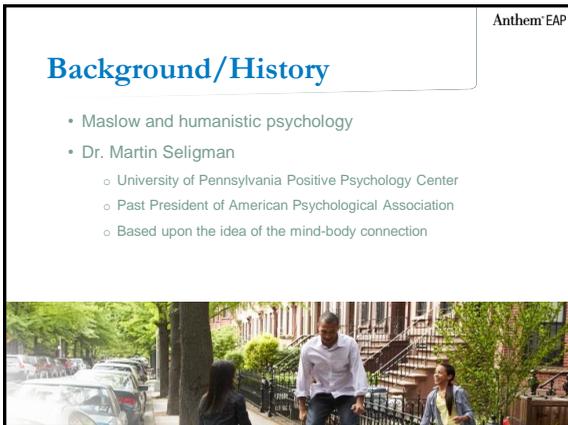
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## Pursuing Happiness

- Develop new interests
- Practice self-respect and self-confidence
- Smile
- Be kind
- Focus on what you are good at
- Laugh
- Jump rope, dance, or listen to upbeat music

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## Persuasive Reasons to ...

### Think Positive

- Positive thinking is powerful!
  - Positive thinking positions us to solve problems, to the benefit of ourselves and our support systems
  - You will set goals and achieve them more easily
- Rewire your brain to think differently... we can do anything and everything
- It is contagious!

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## Best Practices

- Start with 5 positive affirmations every morning
- Expect good things to happen
- Speak positively: "I can," "I will," "It will get done," "I am able to lose the weight," "I rock!"
- Filter and rewrite negative thoughts
- Reframe your thoughts
- Dream, hope and anticipate

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**Role Models**

- J.K Rowling
- Kurt Kuehn
- Michael Jordan

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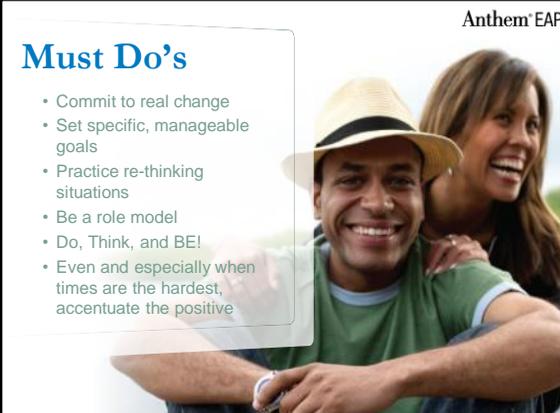
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**Must Do's**

- Commit to real change
- Set specific, manageable goals
- Practice re-thinking situations
- Be a role model
- Do, Think, and BE!
- Even and especially when times are the hardest, accentuate the positive

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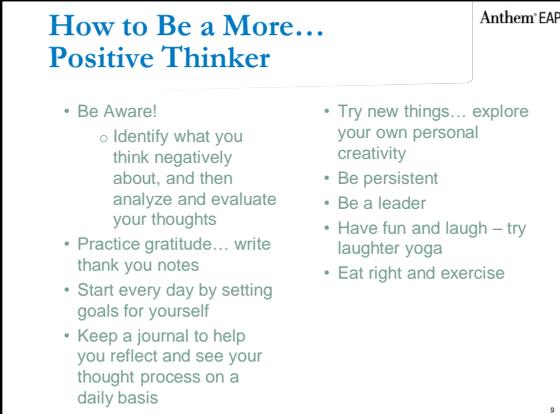
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**How to Be a More... Positive Thinker**

- Be Aware!
  - Identify what you think negatively about, and then analyze and evaluate your thoughts
- Practice gratitude... write thank you notes
- Start every day by setting goals for yourself
- Keep a journal to help you reflect and see your thought process on a daily basis
- Try new things... explore your own personal creativity
- Be persistent
- Be a leader
- Have fun and laugh – try laughter yoga
- Eat right and exercise

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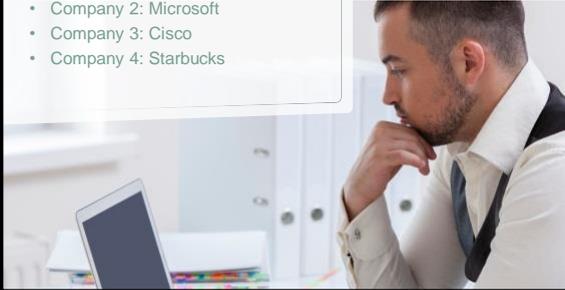
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## Case Studies

- Company 1: Zappos
- Company 2: Microsoft
- Company 3: Cisco
- Company 4: Starbucks




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## Power of Praise & Gratitude

- Motivates
- Builds strong ties
- Opens up others to new ideas
- Creates a warm culture
- Promotes growth
- Just plain feels great!




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Call Your EAP Today!  
800-999-7222  
Or go to our website at  
[AnthemEAP.com](http://AnthemEAP.com)  
Login: Fulton

## How EAP Can Help ...

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
  - Resources
  - Self assessments
  - Health/wellness library
  - Legal forms




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