



Wake up the creative artist within you

Your Employee Assistance Program (EAP) can help you discover how

Einstein once said “creativity is intelligence having fun.” All the more reason to enjoy the search for your artistic side! There’s a connection between creativity and stress relief. And using the left side of your brain can be the connection to make you happier, less anxious and more resilient.¹ Your Employee Assistance Program (EAP) can help you find new ways to express yourself. Let your creative side put your mind in a different frame.

Log on to our website this month to read these feature articles. They’re under the *Monthly Promotion* tab in the *Centers* section:

- The art and science of creativity
- The creative process
- Careers for creative people
- How can one develop a new hobby?



Visit our website or call for free, confidential help from our team of EAP experts.²

[anthemEAP.com](https://www.anthem.com/eap)
Login: Commonwealth of Virginia
1-855-223-9277

¹ Psychology Today website: *The Role of the Brain in Happiness* (accessed November 2016); psychologytoday.com.

² In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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