



Being thankful can be the first step to finding happiness

Your Employee Assistance Program (EAP) is here to help you figure out where to start

Appreciating the things you already have can be one of the best ways to find happiness. Take a minute each morning to appreciate what you've accomplished and those who've been with you along the way. Being grateful can put you in the right mood to start your day. And that positivity can also help you have healthier relationships, give you a boost of energy to work out and inspire you to eat better. Try starting a daily journal where you can write about the good things in your life. Or let the important people in your life know how much they mean to you. Volunteering to a cause close to your heart is another good way to show how grateful you are for the things you have in life. Not sure how to get started? Your Employee Assistance Program (EAP) is here to help you find ways to express your gratitude.

Log on to our website this month to read these feature articles:

- Understanding gratitude
- Practicing generosity builds resilience
- Tips for families who want to volunteer
- Gratitude assessment



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[anthemEAP.com](https://www.anthemEAP.com)
Login: Commonwealth of Virginia
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*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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