

A photograph of a pregnant woman in a striped shirt and jeans, holding a young child in a green shirt. They are standing on a beach with waves in the background. The image is partially obscured by a large, colorful graphic consisting of overlapping geometric shapes in shades of blue, purple, and green.

**EMPLOYEE
SUPPORT
PROGRAM
NOV. 2017**

GRATITUDE ADJUSTMENT

Appreciating
all that
is good

Expressing gratitude feels good and has been shown to be good for your health. Take the time to stop and see all the beauty and good within and around you. Your Employee Support Program can assist you with a full selection of resources:

- Tips on cultivating contentment
- Articles on mindfulness and meditation
- Audio on stress management techniques
- Referrals for volunteer opportunities

TOLL-FREE: 800-634-7710

WEBSITE: www.team-mn.com

PASSWORD: Call the TEAM office for the password.

Available anytime, any day, your TEAM Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.