


A circular graphic with a yellow-to-orange gradient background. Inside the circle, the text "EMPLOYEE SUPPORT PROGRAM FEB. 2017" is written in white, bold, sans-serif capital letters, arranged in four lines.

**EMPLOYEE
SUPPORT
PROGRAM
FEB. 2017**

A stylized illustration of a human head in profile, facing right. The head is rendered in shades of blue and purple. Inside the head, there are glowing blue and purple gears and a bright white spark emanating from the top of the head. A yellow pencil is positioned vertically, with its tip pointing towards the spark. The background consists of abstract geometric shapes in purple, yellow, and blue.

Creativity is not just for the artist. Using the left side of your brain can actually make you happier, less anxious, and more resilient. Working your brain in different ways can disrupt thought patterns and help it to grow and develop new paths to stress relief.

Your Employee Support Program can help you find outlets for your creative streak. That stroke of paint may help you spark your creative side and put your mind in a different frame.

- Use our resource link for the American Creativity Association.
- Find art classes in your community.
- Get referrals for arts camps for kids.
- Visit our Savings Center for discounted art supplies.

IGNITE A SPARK

Expand your
life through
creativity.

PHONE: 651-642-0182

TOLL-FREE: 1-800-634-7710

WEBSITE: www.team-mn.com

Available anytime, any day, T.E.A.M.'s Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.