



**EMPLOYEE  
SUPPORT  
PROGRAM  
MAR. 2017**



**ACCENTUATE  
THE  
POSITIVE**

Taking a  
more mindful  
approach

Research into the power of positive thinking has shown that it helps reduce stress, fight depression, enhance coping skills, strengthen resistance to the common cold, and increase your life span. Maybe the best news about positive thinking is that it can be a learned skill.

Learning to recognize negative thinking, participating in positive self-talk, surrounding yourself with positive people and regular exercise are all ways to become more positive.

Let your Employee Support Program help you to discover new ways to accentuate the positive.

- Articles and tip sheets on positive self-talk and building self-esteem
- Audios on daily relaxation, optimism, and recuperation
- Referrals to social groups and volunteerism
- Information on meditation, yoga, and relaxation

**PHONE:** 651-642-0182  
**TOLL-FREE:** 1-800-634-7710  
**WEBSITE:** [www.team-mn.com](http://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.