

**YOUR EMPLOYEE  
SUPPORT PROGRAM**

**JANUARY 2021**

## Positive Reframing

Stepping into the new year,  
realistically

We can help you think about  
things realistically and from  
a point of optimism. Be  
present in the moment, and  
reframe your year.

### **LET US HELP**

**TOLL-FREE:** 1-800-822-4847

**WEBSITE:** [www.lifeserviceeap.com](http://www.lifeserviceeap.com)

**Always Available | Free | Confidential**

