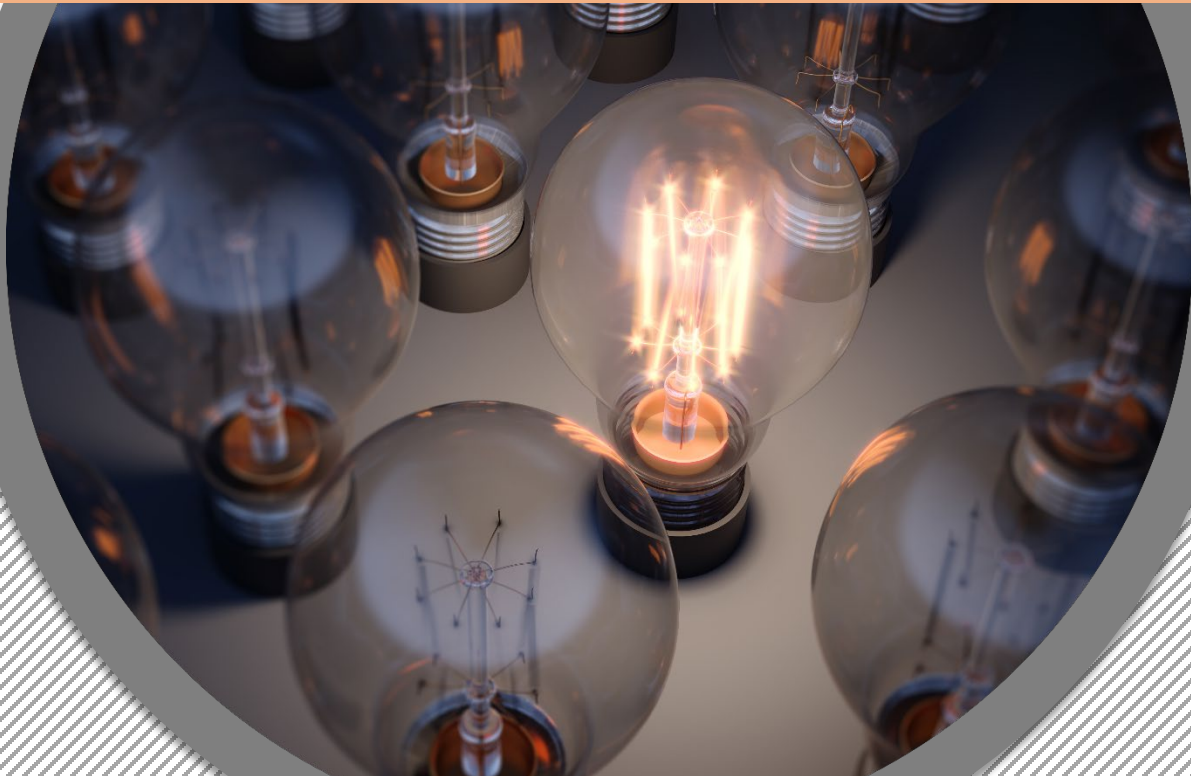


POSITIVE THINKING

Ways to Brighten Your Outlook



September 2020

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Sometimes life can leave you feeling stuck in the dark. However, recognizing negative thoughts is the first step to changing your mindset and lightening your mood.

Your program provides confidential counseling, resources and referrals that you can use to incorporate positive thinking into your life and improve your emotional wellbeing.

WEBINAR

Challenging Negative Thoughts:
Leading a More Positive Life
Available September 1, 2020
Located in the Monthly Feature Tile

Learn helpful ways to identify and change negative thoughts and develop a positive outlook.

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