



Christine Dawson <dawsonc@newton.k12.ia.us>

Genuine gratitude can make you happier

1 message

Employee & Family Resources <marcom@efr.org>

Reply-To: marcom@efr.org

To: dawsonc@newtoncsd.org

Tue, Nov 15, 2022 at 9:16 AM



November 2022 | *EMPLOYEE EDITION*



The Gratitude Ripple

You've heard about Groundhog Day, right? I'm referring to the blockbuster hit where Bill Murray lives the same day over and over again! November is a time many of us reserve for gratitude and thankfulness before rushing into the holiday scramble. But what would happen if you took the time to practice gratitude over and over again? Recent scientific research reveals gratitude's extensive benefits to you mentally, emotionally, physically, and in building healthy relationships.

Read The Gratitude Ripple



Relax

Gearing up for the holiday hustle and bustle? Before you find yourself running on empty, pause and fill your cup by building in moments to relax. Create intentional rest for a season of rejuvenation by completing November's Monthly Motivator.

**Download the November
Monthly Motivator**

We're Here to Help

Put Your EAP to Work

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us by calling **800-327-4692** or explore your benefits at efr.org/how-we-help/work

Explore Your Benefits



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

Explore Webinars



Emotion Well is EFR's monthly podcast! Wellness Manager and host Johanna Dunlevy dives into conversations with experts and people with lived experiences on topics that enrich your mind and body.

Loss and grief are inevitable parts of life. Yet grieving after the death of a loved one can feel messy and abnormal - even though it's natural. Buffy Peters, the Director of Hamilton's Academy of Grief and Loss, joins us to address the aspects of grief many of us tend to avoid, including;

- different ways grief presents itself
- common misconceptions
- how you can embrace and grow with grief
- an abundance of resources for griever

Listen to Emotion Well



EFR EMPLOYEE & FAMILY RESOURCES

efr.org



Employee & Family Resources | [505 5th Ave](https://www.5055thave.com), Des Moines, IA 50309

Unsubscribe dawsonc@newtoncsd.org

Constant Contact Data Notice

Sent by marcom@efr.org in collaboration with

