



Employee Resource Systems, Inc.

EMPLOYEE  
ASSISTANCE  
PROGRAM  
MAR. 2017

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 Assistance Program help you to discover new ways to accentuate the positive.

ACCENTUATE  
THE  
POSITIVE

Taking a  
more mindful  
approach

**ONLINE SEMINAR**

**Disrupting Negative Thoughts**

It's not negative thoughts themselves that are the issue; rather, it's when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones.

**Available on Demand Starting March 21st**

Online seminars can be found on your home page, or you can search for them by title.

Go to [www.ers-eap.com](http://www.ers-eap.com), enter your company's username and password then look for the SEMINAR link in the middle of the page.

**TOLL-FREE: 800-292-2780**

**WEBSITE: [www.ers-eap.com](http://www.ers-eap.com)**

Available anytime, any day, your Employee Assistance Program is a free, confidential service to help you balance your work, family, and personal life.