

SEPTEMBER 2023

Building Gratitude

The transformative power of gratitude

Gratitude can offer strong benefits towards your wellbeing, including an increase in optimism and a decrease in stress and anxiety. We can help you build gratitude in your daily life.

**For Login information, please
contact Solutions EAP**

PHONE: 800-526-3485

EMAIL: info@solutions-eap.com

WEBSITE: www.solutions-eap.com

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



SOLUTIONS EMPLOYEE ASSISTANCE PROGRAM

How to access these webinars:

1. Go to www.solutions-eap.com.
2. Go to “For Employees” and click the option listed as “Work-Life Services Online Login”
3. Click on the WORK-LIFE Solutions hyperlink under “Family Solutions”
4. Enter the Username and Password for your organization. If you need the username and password for your organization, give us a call at 800-526-3485.
5. On the homepage, scroll down to ONLINE SEMINARS and click “Read More: Online Seminars”
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7. Click on the hyperlink with the name of the seminar. You can also choose to view the audiovisual transcript of the presentation if you would like.
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9. Check your email for the course link, and enjoy!
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