

**EMOTIONAL WELLBEING TIP:** Change your negative perceptions and unleash your hidden potential. When negative thoughts begin to form, repeat a positive affirmation to remind yourself of your purpose, confidence and strengths.

Call your Employee Assistance Program at 1-866-EAP-4SOC (1-866-327-4762)  
TTY: 711 or visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov).