



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.**