

Upcoming eLearning Webinars

3/21/17 – Disrupting Negative Thoughts

4/18/17 – Compassion Fatigue: Increasing Resiliency

5/16/17 – Raising Well-Adjusted Kids

The webinar is uploaded on the date of the webinar and is then available on demand. The webinar can be found on the website under 'Online Seminars' in the 'Centers' section.

Tips on How to Become a More Positive Thinker

You've probably heard a thing or two about the benefits of positive thinking. Research suggests that positive thinkers have better stress coping skills, stronger immunity, and a lower risk of cardiovascular disease. Taking an optimistic view rather than ruminating on negative thoughts can benefit your overall mental well-being.

So, what can you do to become a more positive thinker?

1. Avoid negative self-talk.

Think of self-talk as the inner voice inside your mind that analyzes how you perform and interact with the world around you. If your self-talk centers on negative thoughts, your self-esteem can suffer. So, what can you do to combat these negative self-talk patterns? When you catch yourself engaging in negative thought, mentally telling yourself to "stop" can help break the pattern.

2. Try humor.

Even when you are facing challenges, it's important to remain open to laughter and fun. Sometimes, simply recognizing the potential humor in a situation can lessen your stress and brighten your outlook. Seeking out sources of humor such as watching a funny sitcom or reading jokes online can help you think more positive thoughts.

3. Cultivate optimism.

Learning to think positively is like strengthening a muscle; the more you use it, the stronger it will become. Researchers believe that your explanatory style, or how you explain events, is linked to whether you are an optimist or a pessimist.

Optimists tend to have a positive explanatory style. If you attribute good things that happen to your

skill and effort, then you are probably an optimist. Pessimists, on the other hand, usually have a negative attributional style. If you credit these good events to outside forces, then you likely have a more pessimistic way of thinking.

4. Keep working on it.

There is not an on-off switch for positive thinking. Even if you are a natural-born optimist, positive thinking can take effort in the face of challenging situations. Like any goal, the key is to stick with it for the long-term.

Source: <https://www.verywell.com/think-positive-2794771>

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TaxACT

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TaxACT can be found on the program website by clicking on 'View all Centers' in the right column of the homepage and selecting 'TaxACT Online'.

Why Creativity Makes You Happier

Engaging in creative activities contributes to an "upward spiral" of positive emotions, psychological well-being and feelings of "flourishing" in life.

This isn't just good news for people who work in creative fields. Anyone who finds time for creative hobbies and side projects like writing in a journal, sketching, crafting or playing an instrument is likely to experience the same effect.

Creating and expressing ourselves gives us a sense of purpose. Creativity can also help lower stress and anxiety, enhance resilience and contribute to a sense of playfulness and curiosity. Engaging in creative activities and art-based therapies has also been linked to improved physical and mental health.

But if you don't consider yourself an "artist", don't worry. You don't have to have any creative talents to benefit from creative activity. Finding ways to encourage everyday creative activities, not just master works of art, could lead directly to increased well-being. Anything from experimenting with a new dinner recipe to creating a mood board can give you that creative boost.

Source: http://www.huffingtonpost.com/entry/creativity-happiness-psychology_us_58419e0ce4b0c68e0480689a?utm_hp_ref=happiness