

JULY 2026

EMPLOYEE ASSISTANCE AND WORKLIFE

SOLUTIONS



**POWER
UP WITH**

POSITIVITY

Your Guide to a Brighter Outlook



POWER UP WITH POSITIVITY

Your Guide to a Brighter Outlook

A fresh mindset can shift the way you move through your day, enhance your relationships, and even contribute to your long-term well-being. This month, we explore how positivity is more than just a feel-good concept.

THE SCIENCE BEHIND POSITIVE THINKING AND WELL-BEING

Researchers have spent decades studying how our thoughts shape our emotional and physical health. What they've found is surprisingly consistent:

- **Positive emotions broaden your perspective**

When you feel hopeful or content, your brain becomes more open to creativity and problem solving. A positive mindset can also foster qualities that deepen connection, like empathy, patience, and trust.

- **Positivity supports resilience**

People who expect good things to happen tend to bounce back more quickly from stress and setbacks. In addition, optimistic people report higher life satisfaction and lower levels of anxiety and depression.

- **Your body benefits too**

Studies link positive thinking to lower stress hormone levels, stronger immune function, and healthier cardiovascular outcomes. When you believe your choices make a difference, you're more likely to care for your body and make healthier choices.

- **Long-Term benefits**

Research shows that optimistic individuals often experience better overall health and even longer life expectancy.

This doesn't mean ignoring challenges or pretending everything is perfect. It's about adopting a mindset that helps you move through life with more clarity, confidence, and calm.

Sources: Harvard Health, Johns Hopkins Medicine, Mayo Clinic, PositivePsychology

MODIFY YOUR MINDSET

Life will always bring moments that test you. The key is how you interpret them. Reframing is a simple yet powerful way to move your perspective from “This is a problem” to “This is something I can learn from.”

Here are a few ways to practice it:

- **Name the challenge, then name the possibility**

Instead of “I can’t handle this,” try “This is tough, but it’s a chance to build a new skill.”

- **Look for what’s within your control**

Even small actions, like asking for help, breaking a task into steps, and taking a pause, can restore your sense of agency.

- **Treat setbacks as data, not failures**

Every misstep offers information about what to adjust next time.

Reframing doesn’t erase difficulty, but it helps you move through it with more strength and less self criticism.

A BRIGHTER OUTLOOK STARTS WITH SMALL SHIFTS

Positivity is about intention. When you choose thoughts that support your well-being, you create space for growth, joy, and resilience. Get started with these simple, practical ways to weave more positivity into daily life.

YOUR POSITIVITY BOOST CHECKLIST

- ✓ **Name one thing that went right today**

A small moment of gratitude directs your attention toward what’s working.

- ✓ **Add a second sentence to stressful thoughts**

“This is hard ... and I can take it one step at a time.”

- ✓ **Use kinder self-talk**

Speak to yourself the way you would to someone you care about.

- ✓ **Do one tiny mood-lifting action**

Go for a short walk, stretch, listen to a favorite song, or take in a breath of fresh air.

- ✓ **Spend time with people who lift you up**

Choose conversations and connections that leave you feeling supported.

- ✓ **Reduce mental clutter**

Take a break from news, social media, or constant multitasking.

- ✓ **Celebrate one small win each day**

Notice progress, even if it’s tiny. Acknowledging your successes builds confidence over time.

- ✓ **Ask “What would future-me do?”**

Let the version of you who feels grounded and hopeful guide your next step.

END EVERY DAY ON A POSITIVE NOTE!

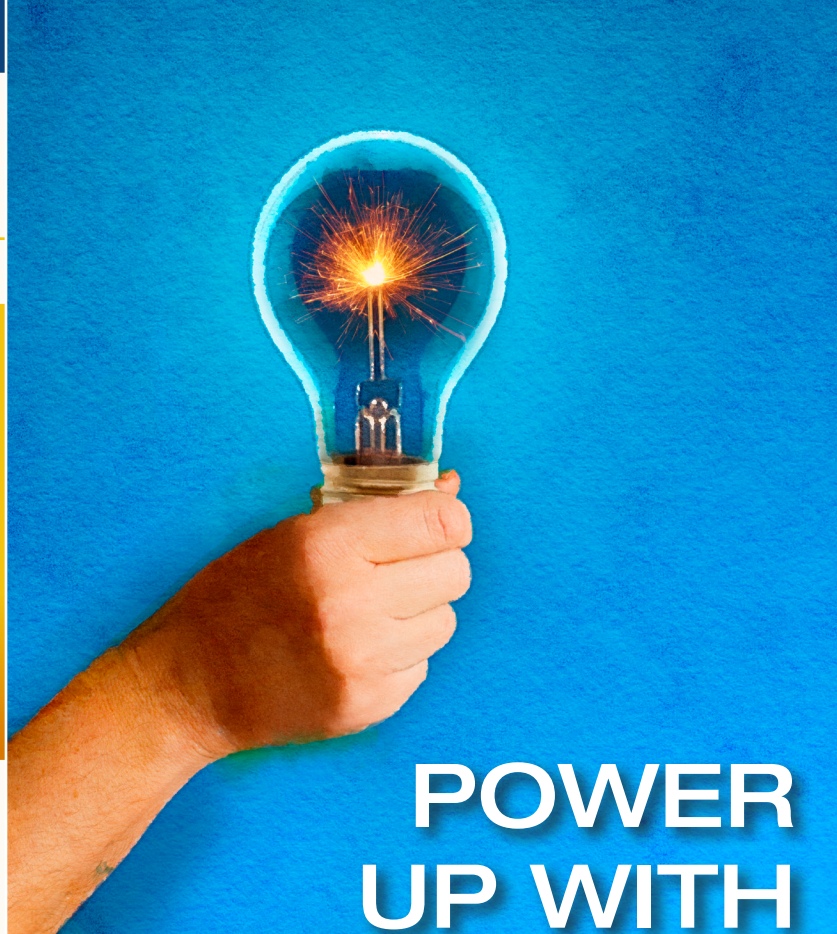
Optimism is a skill, not a personality trait, that can be strengthened through daily practices like gratitude, mindfulness, and surrounding yourself with supportive people.

You don't have to work on these skills alone. Your Employee Assistance Program is here to help you strengthen your well-being with confidential support, practical tools, and guidance tailored to your needs.

24 HOURS A DAY

(800) 222-0364

[FOH4You.com](https://www.foh4you.com)



POWER UP WITH POSITIVITY

Your Guide to a
Brighter Outlook



Tell us about
your EAP
experience!

LIVE WEBINAR



JUMP-START YOUR LIFE'S PURPOSE

Wednesday, July 8, 2026
2-3 p.m. E.T.

Ready to hit the reset button and create the life you've always dreamed of? This webinar guides you through the process of building your own personal mission statement, a powerful tool to give you fresh clarity and purpose. Whether you're at the start of a new journey or looking to reimagine your path, we'll show you how to turn feelings of both disappointment and excitement into fuel for your next chapter.

[REGISTER](#)