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Genuine gratitude can make you happier

1 message

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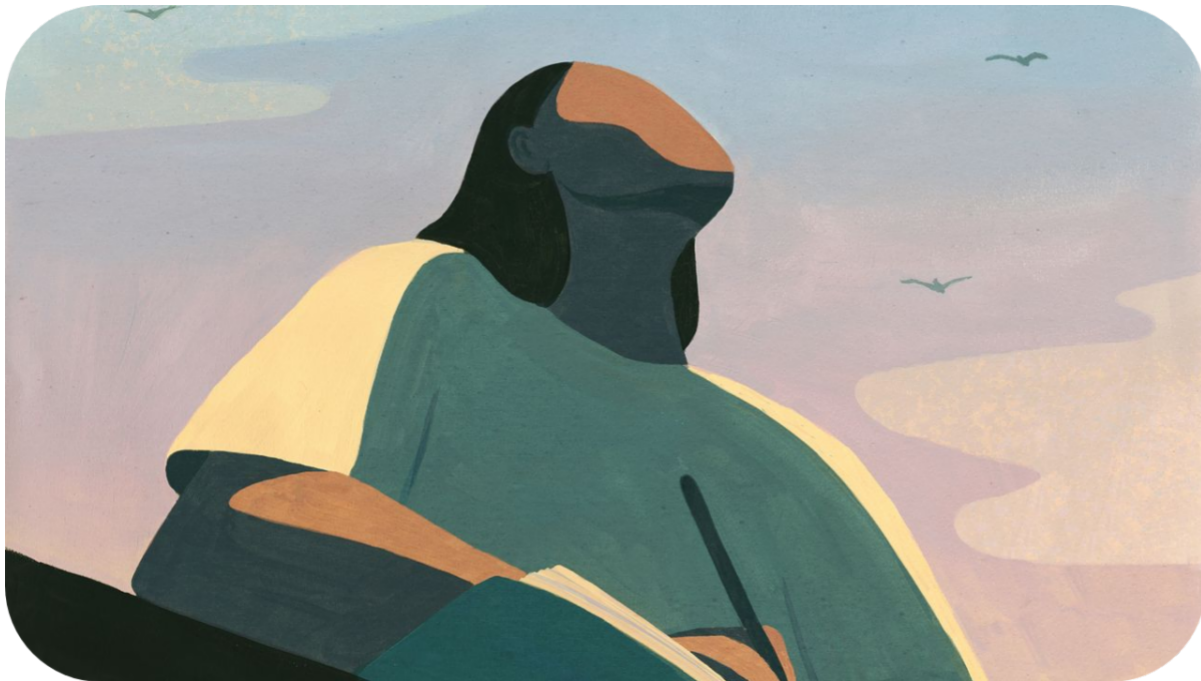
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November 2022 | EMPLOYEE EDITION



The Gratitude Ripple

You've heard about Groundhog Day, right? I'm referring to the blockbuster hit where Bill Murray lives the same day over and over again! November is a time many of us reserve for gratitude and thankfulness before rushing into the holiday scramble. But what would happen if you took the time to practice gratitude over and over again? Recent scientific research reveals gratitude's extensive benefits to you mentally, emotionally, physically, and in building healthy relationships.

Read The Gratitude Ripple



Relax

Gearing up for the holiday hustle and bustle? Before you find yourself running on empty, pause and fill your cup by building in moments to relax. Create intentional rest for a season of rejuvenation by completing November's Monthly Motivator.

Download the November
Monthly Motivator

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Explore Webinars



Emotion Well is EFR's monthly podcast! Wellness Manager and host Johanna Dunlevy dives into conversations with experts and people with lived experiences on topics that enrich your mind and body.

Loss and grief are inevitable parts of life. Yet grieving after the death of a loved one can feel messy and abnormal - even though it's natural. Buffy Peters, the Director of Hamilton's Academy of Grief and Loss, joins us to address the aspects of grief many of us tend to avoid, including;

- different ways grief presents itself
- common misconceptions
- how you can embrace and grow with grief
- an abundance of resources for grievers

Listen to Emotion Well



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