

# Be Happy!



Claremont EAP announces our new website with tips and

tools to increase your happiness at work and at home.

At **PositivityCenter.org**, our “Serenity Sloths” help guide you through a relaxed tour of the material and practices.

Here’s what you’ll find at **PositivityCenter.org**:

**Resilience** Maintain physical and emotional well-being by learning how to bounce back from stressful situations.

**Mindfulness & Meditation** Learn the latest techniques of meditation and breathing to reduce stress and increase the quality of your life.

**Gratitude** Studies show an increase in happiness when expressing gratitude toward others.

**The Science of Happiness** The latest in psychology, sociology, and the neuroscience of well-being and how to apply them to your life.

**In the Workplace** Create a positive workplace leading to higher employee productivity and lower employee turnover.

**Self-assessments** Answer a few questions to find out how you are doing.

**Other Resources** Information about forgiveness, compassion, and more.



**Positivity  
Center**

**PositivityCenter.org**



**CLAREMONT EAP**

800-834-3773



**Greater Good  
Science Center**