

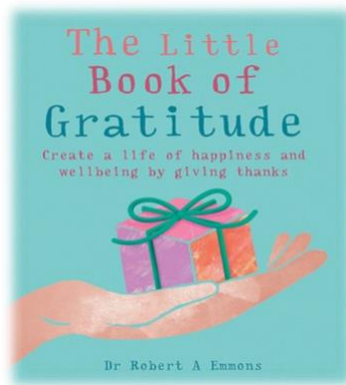
Arlington EAP August Gratitude Group

*Interested in taking some time out of your day to foster feelings of **gratitude, positivity and resilience?***

The success of the Arlington EAP's first Gratitude Group led to another 4-week session. Please join us for our 2nd

Gratitude Group, content based on "The Little Book of Gratitude"

Gratitude



General state of thankfulness and/or appreciation.

Wednesdays from 12 - 1 PM on the following dates:

August 5th August 12th August 19th August 26th

RSVP: grace.belew@apsva.us to receive the Zoom link & password

*Among the positive outcomes associated with a high level of trait **gratitude**, are increased positive affect, energy, enthusiasm, fewer illnesses, better sleep, feeling less lonely, and more connected with others (Emmons and McCullough 2003).*

