

Stay Positive



This Claremont EAP website provides tips and tools to enhance resilience.

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**