Graphical user interface, website

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**ADD YOUR WORKPLACE WELLNESS TITLE HERE**

Add your workplace wellness information here! Here are a few ideas that you might include:

* Information about upcoming wellness initiatives or challenges in your workplace;
* Highlight services related to the theme, like your EFAP or ASEBP benefits;
* Share inspirational wellness quotes;
* Feature dates for wellness events happening in your community; or
* Browse through [wellness.asebp.ca](https://wellness.asebp.ca) for even more ideas!

RELATED RESOURCES:

**Activity:** The [Circle of Influence](https://wellness.asebp.ca/wp-content/uploads/ASEBP-Wellness-Activity-Circle-of-Influence.pdf) activity highlights where you can make positive changes and identify coping strategies for managing stressful situations, while deepening self-awareness and improving well-being.

**Blog:** [Cognitive Reframing in the Workplace](https://www.mindfulnessstrategies.com/blog/cognitive-reframing-in-the-workplace) is a blog found on the Mindfulness Strategies website that looks at how positive reappraisal can increase positive emotions.

**Infographic**: [How to feel in control in a changing world](https://www.theperformanceroom.co.uk/feel-control-changing-world/) is an infographic that explores how to put the controller back in your hands when life leaves you feeling overwhelmed.

**Podcast:** EdCan presents Dr. Lisa Lucas asshe explores the need to ‘deframe’ before you ‘reframe’ in the podcast, [Positive Reframing: How To Find The Good In A Stressful Situation](https://voiced.ca/podcast_episode_post/positive-reframing-how-to-find-the-good-in-a-stressful-situation-ft-dr-lisa-lucas/).

**Video:** Be inspired by [Mr. Jensen](https://www.youtube.com/watch?v=4p5286T_kn0) as he reframes Clint Pulver’s distracting behavior and helps Clint discover his unique potential.