

# heartbeat

July 2020 Newsletter



As a global wellbeing company, Morneau Shepell celebrates diversity and stands against racism and discrimination. When one group of our society is victimized by systemic discrimination, racism, and violence, it affects us all. The impacts are far-reaching. You, your loved ones, colleagues, and communities may experience these in different and complex ways. It can feel overwhelming and may trigger feelings of stress, anxiety, and more.

Your wellbeing is our top priority. Please know that your Employee Assistance Program (EAP) is available 24/7 if you need someone to talk to or find resources that can help.

## Practicing Positivity

Practicing positivity is often easier said than done, especially given the complexity and the challenges we face in today's world. Positivity isn't a slogan or something that can be passively attained. It's something to work toward, a mindset that helps you better respond to and navigate life's challenges. Working toward a more positive outlook can also help you work toward positive change in your home, workplace, and communities – creating a snowball effect that can help make a meaningful difference in the world. Here are some resources to help you get the ball rolling:

### Life



#### Practicing Positivity

Positive thinking can rewire the brain. By practicing positivity, we can train ourselves to be happier and more resilient overall.

[Read More](#)

### Health

#### Practice Happy Habits to Boost Your Psychological Wellbeing

Happiness is the single best word that captures the construct, or concept, of wellbeing. When we are happy, we experience positive emotions that allow us to broaden our perspective and build our resources.

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### People Leader's Corner



#### The Impact of a Positive Attitude on Your Team

By understanding how important your mood and your reaction to workplace challenges are, you can propel your team on a positive path to success.

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### Recommended for you

#### Video

Maintaining Positivity and Good Health

[Click here](#)



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