

Helping others with happiness

How much better would the world be if everyone did one thing each day to try to lift someone else out of their discomfort or sadness? Such a collective effort would have untold universal benefits. While you may not have a daily opportunity to be a helpful hero to someone, adopting such a mindset enhancement can make a positive difference.

Access your program for ideas on how to help those around you cope with stress and anxiety.

**Call today or log on to
MagellanAscend.com**



**Employee Assistance Program
1-800-327-0632**

