



Live Healthy, Live Happy!

Begin the year with
renewed purpose!

For free and confidential counseling resources,
contact your local ESSP Representative

or

CDR: Hourly – Carelon Behavioral Health: 800-227-9622

EAP: Salaried – Lyra Health: 1-877-207-9822



Health and Happiness – They're connected!

- The two are more intertwined than one might think.
- The foods we eat, the exercise we do, and the illnesses we face all play a role.

[Happiness and Health | Psychology Today](#)

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»»» Be »»»
HEALTHY
»»» Be »»»
HAPPY



How Health Affects Happiness

Exercise:

- Produces endorphins & hormones that relieve pain and boost happiness
- Shifts focus from concerns & negative thoughts
- Promotes outdoor or social activity

[Happiness and Health | Psychology Today](#)

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How Health Affects Happiness

More good info:

- Most facilities have free fitness centers.
- Gym vouchers are available for *hourly* employees in facilities without fitness centers.

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Physical Benefits of Happiness

- Lower blood pressure
- Reduced risk of stroke
- A stronger immune system
- Even a longer life.

Positive emotions reduce injury risk in young adults and frailty in older adults.

[Happiness and Health | Psychology Today](#)

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If you would like information on free and confidential counseling and other health and wellness resources, contact your local ESSP Representative or the CDR/EAP Agencies:

Hourly

Call Carelon Behavioral Health: 800-227-9622 or
Scan the QR code:



Salaried

Call Lyra Health: 877-207-9822 or
Scan the QR code:

