



# 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!

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- 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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# 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

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- 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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### **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:

