



Positivity Center

Enhance Your Resilience!

Claremont EAP announces our new website with tips and tools to increase your happiness at work and at home.

Here's what you'll find at PositivityCenter.org

Resilience

Maintain physical and emotional well-being by learning how to bounce back from stressful situations.

Mindfulness & Meditation

Learn the latest techniques of meditation and breathing to reduce stress and increase the quality of your life.

Gratitude

Studies show an increase in happiness when expressing gratitude toward others.

The Science of Happiness

The latest in psychology, sociology, and the neuroscience of well-being and how to apply them to your life.

In the Workplace

Create a positive workplace leading to higher employee productivity and lower employee turnover.

Self-Assessments

Answer a few questions to find out how you are doing.

Other Resources

Information about forgiveness, compassion, and more.



At PositivityCenter.org, our "Serenity Sloths" help guide you through a relaxed tour of material and practices from the Greater Good Science Center.



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PositivityCenter.org

claremonteap.com

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