

**EAS/EmployeeAssistanceServices**  
**Employee Assistance-Psychotherapy**  
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- What nurtures your spirit?...Do that.
- What does not nurture your spirit?...Stop doing that.
- Live simply.
- Be grateful, and share with others.
- Forgive yourself [and make amends to those you've harmed].
- Forgive others.
- Maintain compassion for those who are suffering [most days, that's just about everybody].
- Do work that makes a contribution to the community.
- Keep an open mind; support others in being who they are.

Adapted from: *Peace is Every Step*, Thich Nhat Hahn