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## 90% of your thoughts are repetitive

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# life Happens

HEADLINES

JUNE 2023 | EMPLOYEE EDITION



# ANT Repellent: Rewiring Your Mind for Positive Thinking

You do a lot of thinking. Research estimates the average person processes over 60,000 thoughts each day! Like millions of gallons of water surging through the Colorado River cut the steep crevasses of the Grand Canyon, the thousands of thoughts coursing through your head carve neural pathways in your brain. These ideas and ruminations form a sort of 'muscle memory' that makes some thoughts habitual. In fact, science shows that 90% of your thoughts are repetitive— tomorrow, you'll have many of the same thoughts as today. So, what happens when negativity and anxiety color most of your thinking?

## ANT Repellent: Rewiring Your Mind for Positive Thinking



Explore growth opportunities to expand your mind. Commit to at least three activities from the list below.

- Explore your [Life Coaching benefit](#)
- Listen to the [Emotion Well podcast to explore the Enneagram](#)
- Learn how to say hello in three languages
- Visit a library or museum
- Watch a documentary



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## Commit to Growth

Engaging in new experiences and seeking growth opportunities broadens your understanding of the world, exposes you to new ideas that fuel innovation, and brings a sense of happiness and fulfillment that leads to a more meaningful or purposeful life. This month, commit to growth by using June's Monthly Motivator to help track your progress!

[Download the June Monthly Motivator](#)

We're Here to Help

**Put Your EAP to Work**

*Life happens*, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

**It's free, confidential, and available 24/7.** Connect with us by calling 800-327-4692 or explore your benefits at [efr.org/how-we-help/work](http://efr.org/how-we-help/work)

### Explore Your Benefits



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

### Explore Webinars



#### **Life: An Inside Out Experience**

Scarlett Lunning joins us to discuss how life can be viewed from the inside out. She shares:

- the Three Principles of mind, consciousness, and thought
- how the Three Principles work together to create our realities
- her personal experiences with the Three Principles as well as
- recommendations for how you can take small steps to greater self awareness

Listen to the conversation



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