

A weekly resource
for *your* well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

November 29, 2016

Stay connected and happy.

You already know that doing certain things can help you stay well, like eating healthy and washing your hands often. But what about emotions and relationships? Can they also affect your health and well-being? Experts say, “yes.” In fact, they’re just as important to your longevity and quality of life as exercising and not smoking.

Positivity can spread to others. And “catching” a bright outlook changes how others see you. They can feel you are:

- More knowledgeable
- Skilled
- Easy to get along with

And positivity can help you feel:

- More energetic
- Happier
- Relaxed

Where can it all start?

Good feelings—and better health—can come from strong social support. Staying close to people who you can share ideas, interests or concerns with can help you get through tough times. It can do good things for your heart health, immunity and brain function. And, other support like advice, a hug or a helping hand benefit receiver and giver. [Read this article](#) to learn more about the benefits of close relationships and ways to grow your support network.



USE YOUR RESOURCES

Your ParTNers EAP also provides tools, resources and support to help you deal with your emotions and grow your relationships. Call 855-Here4TN (437-3486) 24/7, 365 days a year or visit Here4TN.com.



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[ParTNers for Health Website](#)



24/7 NURSE ADVICE LINE:

1.888.741.3390



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HEALTHWAYS

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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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