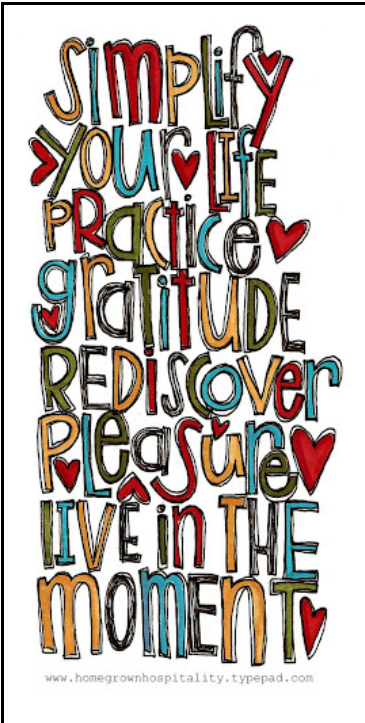


WEDNESDAY, NOVEMBER 8, 2023
Brought to you by Peninsula Education Association's Wellness Committee



UC Davis Professor of Psychology, Robert Emmons, Ph.D., extols the transformative effects of gratitude. Here are some of the benefits according to him:

1. Allows celebration of the present moment
2. Blocks toxic emotions such as envy, resentment, regret, and depression
3. Grateful people are more resilient
4. Gratitude strengthens social ties and self-worth

[CLICK HERE](#) to see a short video of Dr. Emmons speaking on the benefits of gratitude.

UPCOMING EVENTS:

Employee Support Services – Extended Hours for Open Enrollment

The Employee Support Services team will be providing additional opportunities to assist you through the Open Enrollment Process on the dates and at the location below. If you would like assistance with navigating SEBB My Account or have questions about SEBB plans or AFLAC, please reach out to us to schedule a time to come in to receive one on one assistance.

Open Enrollment Assistance at Key Peninsula Middle School:

Monday, November 6 – 3:00 to 6:00 pm

Wednesday, November 15 – 3:00 to 6:00 pm

Open Enrollment Assistance at Employee Support Services (portable behind ESC Building):

Wednesday, November 8 – 3:00 to 6:00 pm

Monday, November 13 – 3:00 to 6:00 pm

On any of the dates above, if you have not prescheduled an appointment but would still like assistance, please feel free to come and assistance will be provided on a first come first served basis.

You can also receive assistance by reaching out to Employee Support Services at 253-530-1030 or by emailing payroll@psd401.net

Reminder:

Open Enrollment Dates for SEBB October 30 through November 20, 2023

Go to the [SEBB Website](#) to review plans for 2023-24 Visit & Explore the Virtual Benefits Fair
You will find links to videos, webinars, downloadable content, provider searches, and other information to help you choose the right benefits for you and your dependents.



