

Human Resources

February 2022
Issue 14

Employee Services

New Hires: 4
Terminations/Retirements: 6
Positions Posted: 17

Employee Benefits

Benefit Enrollments: 19
Benefit Terminations: 10
Benefit Changes: 6

Human Resources Happenings

HR Staff participated in the NCSO Jail Break Run on February 26th.

Employment Opportunities

Scan the QR code for additional information.



Wellness Information

g r a t i t u d e

/ˈgrædət(y)oʊd/

noun

1. a feeling of appreciation for a kindness received.
2. the state of being grateful.
3. with heartfelt thanks.

Studies have shown gratitude can...

- Improve sleep quality
- Increase self-esteem
- Improve emotional regulation
- Enhance optimism
- Reduce blood pressure
- Increase spiritualism
- Foster hope for the future
- Reduce stress
- Enhance recovery
- Increase resilience
- Improve relationships

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships. What you focus on your mind expands on. Repetitive thoughts create pathways in our brain. Negative creates loss and discontent; abundance creates positive fulfillment.

Your Employee Assistance Program is here to help you and your family as you navigate life's challenges. For confidential, caring, professional assistance 24/7, call 800.728.9444