

Changing your perceptions to positively impact your wellbeing



Join our live webinar May 8, 2024 at 1 p.m. CT to learn how to reframe your thinking in positive rather than self-limiting directions. Scan the QR code to [register now](#).

This webinar will:

- Define the concept of human perceptions.
- Examine how perceptions influence our emotions.
- Provide tips on how to change your perceptions in ways that improve your emotional wellbeing.

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com (enter Principal Core).