

Make the New Year Positive

The holidays can be a magical time. But when stress, financial challenges and worldwide negativity loom, it may seem easier to play Scrooge than Santa.

Why not make your holiday affirmation an upbeat attitude? This wondrous season is a traditional time for reflection and gratitude. Taking control of what you can control is a part of being positive and grateful. Commit to small changes to insure better times, at least in your own home and within yourself.

Stressed? Instead of taking out stress, anger and frustration on loved ones, coworkers or strangers, try to be more patient, kind and generous in all interactions. If the morning commute left you with a bad case of road rage, take 10 deep breaths before entering the office to release tension and regain focus. Simply saying good morning to a coworker can breathe positivity back into the day. And in the evening, take another 10 deep breaths before entering the house to release the stress of the day.

Too critical? Make a conscious decision to stop. Whether criticizing the government, work, family, or yourself—stop before you start. A simple shift in mindset—like focusing on what more you can give rather than dwelling on what's missing in life, career, relationships, and so forth—helps build personal fulfillment and positivity. Starting from "A" to "Z", make a list of what you are grateful for. For me, F is always for family and J is for a job I truly love. And that job allows me to meet the wonderful people who call, email, tweet and engage with ACI through the many programs offered to you through your employer.

Thank you for allowing all of us at ACI to meet you, interact with your workforce, and be of service in ways that are so rewarding for us. I am so grateful to wish each and every one of you reading this, a wonderful and joyous holiday. ACI Specialty Benefits has again reached the nation's Top Ten all due to our great customer base. From the Fortune 500s to our smallest customer, we say thank you for the trust and confidence you place in us.

May you and all of your friends and family look forward to the New Year as an opportunity to make healthier, positive and powerful changes that will improve the quality of your life and the lives of those around you.

With my warmest appreciation,

Ann D Clark

Dr. Ann D. Clark
Chief Executive Officer



HAPPY HOLIDAYS

