



NuVantageSM
Employee Resource

Your free and confidential resource for work-life wellness

THE DAILY GRIND

The words “daily grind” can have a negative connotation.

Our daily routine of responsibilities, work and activities can seem monotonous but it doesn't have to be that way. Think of the “daily grind” as a daily pursuit of your vision for your life.

What are you pursuing in your life? What gives you direction?

If the answers to these questions seem vague or irrelevant, you might benefit from talking with NuVantage. We can help you identify new goals and dreams, and help you figure out next steps to get there.

Call today!

Lead a better life!

Your free and confidential resource available
24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | nuvantage@lssmn.org

Online wellness portal password: wellness



**Lutheran
Social Service**
of Minnesota

Provides NuVantage Employee
Resource as a service

