LEARN HOW TO COPE WITH STRESS AND ANXIETY

Let us help you get back on track

Stress and anxiety aren’t always caused by a big event. Sometimes they occur because of the simple ups and downs we experience every day. If you haven’t felt like yourself lately, let us help you get back on track by offering you access to self-paced, online programs from Learn to Live, an independent company, that are designed to help you overcome issues, such as stress, anxiety, worry, and depression. They can even assist with insomnia and substance use. We’ve partnered with Learn to Live to make these programs available to you and your family at no additional cost.

The Programs are Proven to Make a Difference

The information, tools, and techniques used within each program will help you identify the thoughts and behaviors that are contributing to your struggles, and then teach you how to change your behavior patterns so you can overcome them. The programs are based on over 10 years of clinical studies, and apply the proven principles of Cognitive Behavioral Therapy (CBT).

No Cost to You

This service is available at no additional cost to you and your family members age 13 or older.

Get Help from the Comfort of Your Home

The programs are accessed online, self-paced, and available 24/7, so you can start, stop, and continue where you left off at any time from the privacy of your own home. You can even get personal coaching by phone, email, or text.

Five Areas of Focus

Each program helps you identify thought patterns that produce negative emotions, then shows you how to reshape your thinking. The five programs are:

- Stress, Anxiety & Worry
- Depression
- Social Anxiety
- Insomnia
- Substance Use

Questions?

Get started at learntolive.com/partners and enter code WELLNESS to start your assessment.
KEY RESOURCES THAT WILL ASSIST YOU ALONG YOUR JOURNEY

Personal Assessment
Start by taking a brief online assessment about the issues you’ve been experiencing and affecting your life. Once completed, you’ll get a personalized program recommendation.

On-Demand Webinars
These short videos tackle issues such as modified sleep habits, increased stress, and overwhelming worry.

Wellness Articles
These articles cover a variety of topics, including everyday issues such as parenting, balancing work and life, and unemployment uncertainty.

Teammates
Invite a family member or friend to be a part of your journey. They can help you shoulder the burden, and together, you’ll build a stronger relationship. Your teammate’s level of participation is up to you.

Unlimited Coaching
Personalize your experience even more by signing up to work with a coach. They’ll support you during your program by text, email, or pre-scheduled phone calls.

Mindfulness Moment
Get a weekly text of encouragement, helpful tips, and positive reminders. It also serves as a reminder to take a two-minute break so you can focus on your well-being.