

# Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere



With **Emotional Well-being Resources**, you have access to help you live your happiest, healthiest life.

You'll learn effective ways to identify thoughts and behavior patterns, and how to manage:

- Anxiety
- Sleep issues
- Social anxiety
- Drug and alcohol use
- Depression
- Panic
- Stress
- Worry

## Proven principles with you every step of the way

Built on Cognitive Behavioral Therapy (CBT)



### Access personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



### Attend live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



## Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Download the **Sydney<sup>SM</sup> Health** app, choose **Menu**, select **My Health Dashboard**, go to **Featured Programs**, and choose **Emotional Well-being Resources**.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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